



TOP 10 REASONS TO ABSTAIN FROM SEX BEFORE MARRIAGE

- 1 Once you have a sexual relationship with another, it cannot be undone. You are permanently changed. Oxytocin is released in the brain during intimate relations. Oxytocin acts as “superglue”, bonding us to the person we’ve been intimate with. When you break up and get a new partner, your ability to bond with a new partner is damaged. It’s like leaving pieces of yourself with everyone you’ve been with.
- 2 You will avoid sexually transmitted diseases, some of which are a death sentence and others that will be with you for a lifetime. There are 141 different STI’s.
- 3 You will avoid unintended pregnancies and the problems that they cause.
- 4 By committing to abstinence, you allow yourself time to focus on your school work, on sports, to grow as an individual and to develop your talents.
- 5 You won’t have contraceptives polluting your body.
- 6 You will have better self-esteem and self-respect knowing that you can master your desires. Practicing abstinence is growing in virtue through self- mastery and discipline.
- 7 Abstinence in a relationship helps keep emotions in control. It allows us to be more objective about the person we are thinking of being in relationship with. It frees us from guilt which can cloud our vision and cause us to make choices we wouldn’t otherwise make. Abstinence makes it easier to discern what path we are to take either to marriage, a religious vocation or the single life.
- 8 For the good of the other person, by abstaining, you are not causing them to sin.
- 9 We strive to live a life of complete honesty and clear conscience.
- 10 We can honour the opposite gender and relate to them as equals.