

## For Love: Chaste Activity Before Marriage

Affection - YES. Seeking Sexual Pleasure - NO (CCC2351)

**AFFECTION** - includes warm, chaste hugs, touching or kissing hands, holding hands, touching face gently, tender brief (<1 min) goodnight kisses standing. (Brief unexpected sexual arousal from affection isn't sinful if not sought.)

**SEEKING SEXUAL PLEASURE** - means sexual intercourse, tongue kissing, touching sensitive areas, long-term kissing, & anything else highly stimulating.

Believing that sexuality is sacred, and given to us for a noble purpose, I resolve to use that gift according to God's plan and for the dignity and well-being of myself and others. I promise, for the love of God and my future spouse, to live chastely before marriage; and to live by (a different) chastity in marriage, should God call me to that state.

Signed \_\_\_\_\_

Date \_\_\_\_\_