

Commandments 6 & 9

Valuing Sexuality and personal relationships

Integrity

- Comes from the root of the word “integer” and means “Whole.” Integrity means:
 - This person stays true to their beliefs and seeks what is true.
 - This person is thought to have high moral standards.
 - This person has a high level of self-worth, pride and confidence but also respects others.
- Integrity requires honesty and authenticity in all you say and do

Integrity/ Chastity

- The Church's term for sexual integrity is CHASTITY.
- Sexual integrity is about being honest about how committed you are to a relationship.
- Rationalizing or leading people on is deceptive.
- Chastity requires the integration of our sexuality with the whole person.

Elements of living Chastely

- Everyone, single, married or religiously vowed is called to be chaste.
- Chastity takes practice.
- Chastity means being aware of sexual desires but saying "no" to lust. (What is the difference?)

More terms

- Carnal concupiscence: another word for the tendency within us to sin, especially sexual sinfulness.
- Covenant: a solemn promise between two parties. Here, it refers to marriage and implies the sacred nature of that relationship. Sex is a sign of the communion that exists in a loving relationship between two committed people.

Sins of the Sixth and ninth commandments

- Adultery: breaking the marriage vow by having sex outside of marriage
- Fornication: sex with someone before marriage
- Pornography: does not treat the other sex with respect; devalues and objectifies human beings

Dating

- This is a testing ground for relationships.
- Although extremely important to teens and single, unmarried people, dating is a relatively recent phenomenon.
- Integrity in our dating life is as important as anywhere else in our lives, if not more so.
- The church focuses on marriage as the one place a permanent commitment can take place

Marriage

- God made sex for three purposes
 - To create new life
 - To express loving union
 - To bring us joy and pleasure
- Marriage is the only relationship in which all three can be freely experienced because they can be fully integrated into the lives of the couple.

Value of marriage

- **Fidelity**: the trust and commitment married persons make to one another. FAITHFULNESS