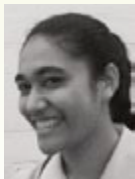


“How do I explain to my friend why breaking the law of chastity is a bad idea?”

Heavenly Father wants us to be happy and worthy of His Spirit, so He gives us commandments to help us keep our thoughts, words, and actions within appropriate boundaries. The law of chastity helps keep the power of procreation within the bounds of marriage. One reason He commands that the power of procreation be expressed only between husband and wife is that “children are entitled to birth within the bonds of matrimony.”¹

You could share a copy of *For the Strength of Youth* with your friend. It gives several reasons why it’s good to keep the law of chastity: “When you are sexually pure, you prepare yourself to make and keep sacred covenants in the temple. You prepare yourself to build a strong marriage and to bring children into the world as part of an eternal and loving family. You protect yourself from the spiritual and emotional damage that come from sharing sexual intimacy outside of marriage. You also protect yourself from harmful diseases. Remaining sexually pure helps you to be confident and truly happy and improves your ability to make good decisions now and in the future.”²

The Temple



Our Heavenly Father has divine purpose for all of us, and that purpose can be fulfilled in the temple. We should be worthy to enter the temple so that our families can be sealed forever. We will live with our Heavenly Father again, and most importantly we will have a never-ending joy, which the unworthy cannot have.

Alofa M., age 18, Samoa

Marriage and Family



We are encouraged to be sexually pure so that we can be worthy to enter the temple and keep sacred covenants. If we

follow the law of chastity, we can build a strong marriage and family in the future. Satan is always there to tempt us, but through prayer, scriptures, and good friends, we can overcome it.

Resty M., age 16, Philippines

Negative Consequences

There are many negative consequences to breaking the law of chastity, but not all of them you learn about in health class. Breaking the law of chastity can drive the Spirit out of your life, hurt those close to you, and make you feel bad about yourself. I suggest watching a Mormon Messages video called “Chastity: What Are the Limits?” [at youth.lds.org in English, Portuguese, and Spanish].

Matthew T., age 17, Utah, USA

Purity and Respect

By following the law of chastity, we remain pure in the sight of God, we respect ourselves, and we help others respect us too. If we obey the law of chastity, we show that we are children of God and that we uphold high standards. We will avoid regrets. As we obey our Heavenly Father, especially regarding this law, our life will be happier here on earth and in the world to come.

Alyana G., age 19, Philippines

Responses are intended for help and perspective, not as official pronouncements of Church doctrine.

A Sacred Gift

If the gift of procreation is taken lightly, this precious gift from God would be treated like an ordinary thing. Giving a gift doesn't feel as rewarding if the person you gave it to doesn't think it is special. One must always treat procreation sacredly; for we are all temples of God and should stay as clean and pure as a temple.

Jaron Z., age 15, Idaho, USA

The Spirit with Us



When you stay clean from sin, you will be so much happier and you will be blessed. Our bodies are like temples, and Heavenly Father "doth not dwell in unholy temples" (Alma 7:21). So when we stay clean from sin, the Spirit can dwell with us.

Maryann P., age 14, Arkansas, USA

Important Questions

Answer your friend's question by asking some questions: "What if your future spouse was watching you now?" All the people I have heard about who have broken the law of chastity have regretted it. "What if your future child asks if you have broken the law of chastity?" Your friend needs to learn how important the law of chastity is now, before a son or daughter asks that question. You need to keep yourself clean and pure to lead a happy, healthy life without the guilt of the sacred law broken.

Robyn K., age 13, Utah, USA

Virtue and Chastity



The Lord delights in virtue and chastity, and everything should happen in its proper time.

The law of chastity is a commandment from the Lord. Prayer and the companionship of the Spirit are the perfect combination to know that being chaste is a blessing.

Selene R., age 18, Nicaragua

Within Marriage

I would explain to my friend that breaking the law of chastity is a bad idea because the power of procreation is made only for legally married couples. When we break the law of chastity, we lose the Holy Ghost in our lives.

Augustina A., age 15, Ghana

NOTES

1. "The Family: A Proclamation to the World," *Liahona* and *Ensign*, Nov. 2010, 129.
2. *For the Strength of Youth* (booklet, 2011), 35.



BREAKING THE LAW OF CHASTITY CAUSES SERIOUS HARM

"Within the enduring covenant of marriage, the Lord permits husband and wife the expression of the sacred procreative powers in all their loveliness and beauty within the bounds He has set. . . .

"However, those intimate acts are forbidden by the Lord outside the enduring commitment of marriage because they undermine His purposes. Within the sacred covenant of marriage, such relationships are according to His plan. When experienced any other way, they are against His will. They cause serious emotional and spiritual harm. Even though participants do not realize that is happening now, they will later. Sexual immorality creates a barrier to the influence of the Holy Spirit."

Elder Richard G. Scott of the Twelve Apostles, "Making the Right Choices," *Ensign*, Nov. 1994, 38.

UPCOMING QUESTION

"What should I do when a topic is brought up at school that goes against gospel teachings, such as abortion?"

Send your answer by May 15 to liahona@ldschurch.org or to:

Liahona, Questions & Answers 5/13
50 E. North Temple St., Rm. 2420
Salt Lake City, UT 84150-0024, USA

Responses may be edited for length or clarity.

The following information and permission must be included in your e-mail or letter: (1) full name, (2) birth date, (3) ward or branch, (4) stake or district, (5) your written permission, and, if you are under age 18, your parent's written permission (email is acceptable) to publish your response and photograph.