



**THE
REVOLUTION
HAS BEGUN**

WE LOVE
because
HE FIRST LOVED US
1 JOHN 4:19

I resolve:

- to respect and value human dignity
- to never indulge in lustful thoughts
- to never indulge in pornography or masturbation
- to never indulge in fornication and to abstain from sex till I get married
- to never get involved in an exclusive or intimate or restrictive relationship before marriage
- to never get involved in any sexual immorality including prostitution, rape, homosexuality, incest or adultery
- to never speak any vulgar or insulting words
- to never deliberately cause anyone else to sin due to my words or actions
- to repent and make a true confession if I commit any mortal sin, so that I can then receive Jesus in Holy Communion worthily
- to pray for the grace to live daily as a child of God
- to seek holiness in all states of life, whether single, married or religious
- to never judge anyone who is struggling to be pure
- to help, encourage and motivate those entrusted to me, that they too discover God's love, and that they too strive to be holy and live as children of God

OATH

"I promise to God, my future mate, and myself, to keep my mind and body morally clean and pure so that when I enter the marriage covenant, I will be able to give myself with a completely clean conscience to my mate."

PRAYER FOR PURITY OF HEART

Lord, help me to accept and receive my sexuality as a gift from you. Grant me the grace to resist the many lies that distort this divine gift and help me to live my sexuality according to the truth of self-giving love. Grant me purity of heart so that I might see the image of your glory in the beauty of others, and one day see you face to face. Amen.

PRAYER FOR THE REDEMPTION OF SEXUAL DESIRE

Lord, I praise you and thank you for the gift of my sexual desires. By the power of your death and resurrection, untwist in me what sin has twisted so that I might know and experience sexual desire as you created it to be as the desire to love freely, totally, faithfully, and fruitfully. Amen.

PRAYER IN A MOMENT OF TEMPTATION TO LUST

Lord, thank you for the beauty of this person whom you made to be loved never to be treated as a thing for my gratification. I renounce any tendency within me to use this person for my own pleasure, and I ask you to set my desires aright. Amen.



BE A LOVE CHAMPION!

Write to love@jesusyouthdelhi.org

