

Virtue of Chastity

1 Corinthians 3:16 states, "Do you not know that you are the temple of God, and that the Spirit of God dwells in you?" Everyone is called to live a chaste and pure life, since we are created in God's image. Chastity consists of self-control and respect for oneself and others. This virtue helps us to be pure of heart, mind, body, and soul.

Saint Philomena

Saint Philomena was born in the year 291, the daughter of a Greek king who converted to Christianity. At 13 years old, she took a vow of consecrated virginity. Upon a visit to Rome, Emperor Diocletian lusted after her but she refused to marry him to preserve her vow of virginity. Because of this, she became a martyr after being scourged, shot with arrows, and drowned with an anchor attached to her.



Saint John Paul 2

Saint John Paul II served as the Pope from 1978 until his death in 2005. One of his many achievements was his writing of Theology of the Body in which he states, "Man must feel called. . . to realize the nuptial meaning of the body. He must feel called to express in this way the interior freedom of the gift, that is, of that spiritual state and that spiritual power which are derived from mastery of the lust of the flesh."

