

TEACHING ON CHASTITY AND PRAYERS TO SAINT RAPHAEL FOR A SPOUSE



Chastity in the *Catechism of the Catholic Church*

II. THE VOCATION TO CHASTITY

2337 Chastity means the successful integration of sexuality within the person and thus the inner unity of man in his bodily and spiritual being. Sexuality, in which man's belonging to the bodily and biological world is expressed, becomes personal and truly human when it is integrated into the relationship of one person to another, in the complete and lifelong mutual gift of a man and a woman.

The virtue of chastity therefore involves the integrity of the person and the integrality of the gift.

The integrity of the person

2338 The chaste person maintains the integrity of the powers of life and love placed in him. This integrity ensures the unity of the person; it is opposed to any behavior that would impair it. It tolerates neither a double life nor duplicity in speech.¹²⁵

2339 Chastity includes an *apprenticeship in self-mastery* which is a training in human freedom. The alternative is clear: either man governs his passions and finds peace, or he lets himself be dominated by them and becomes unhappy.¹²⁶ "Man's dignity therefore requires him to act out of conscious and free choice, as moved and drawn in a personal way from within, and not by blind impulses in himself or by mere external constraint. Man gains such dignity when, ridding himself of all slavery to the passions, he presses forward to his goal by freely choosing what is good and, by his diligence and skill, effectively secures for himself the means suited to this end."¹²⁷

2340 Whoever wants to remain faithful to his baptismal promises and resist

temptations will want to adopt the means for doing so: self-knowledge, practice of an asceticism adapted to the situations that confront him, obedience to God's commandments, exercise of the moral virtues, and fidelity to prayer. "Indeed it is through chastity that we are gathered together and led back to the unity from which we were fragmented into multiplicity."¹²⁸

2341 The virtue of chastity comes under the cardinal virtue of *temperance*, which seeks to permeate the passions and appetites of the senses with reason.

2342 Self-mastery is a *long and exacting work*. One can never consider it acquired once and for all. It presupposes renewed effort at all stages of life.¹²⁹ The effort required can be more intense in certain periods, such as when the personality is being formed during childhood and adolescence.

2343 Chastity has *laws of growth* which progress through stages marked by imperfection and too often by sin. "Man . . . day by day builds himself up through his many free decisions; and so he knows, loves, and accomplishes moral good by stages of growth."¹³⁰

2344 Chastity represents an eminently personal task; it also involves a *cultural effort*, for there is "an interdependence between personal betterment and the improvement of society."¹³¹ Chastity presupposes respect for the rights of the person, in particular the right to receive information and an education that respect the moral and spiritual dimensions of human life.

2345 Chastity is a moral virtue. It is also a gift from God, a *grace*, a fruit of spiritual effort.¹³² The Holy Spirit enables one whom the water of Baptism has regenerated to imitate the purity of Christ.¹³³

**PRAYERS TO SAINT RAPHAEL
FOR THE WISE CHOICE OF
A MARRIAGE PARTNER**

O Glorious St. Raphael, Patron and Lover of the Young, I call upon thee and plead with thee for thy help. In all confidence I open my heart to thee, to beg thy guidance and assistance in the important task of planning my future. Obtain for me through thy intercession the light of God's grace, so that I may decide wisely concerning the person who is to be my partner through life.

O Angel of Happy Meetings, lead us by the hand to find each other. May all our movements be guided by thy light and transfigured by thy joy. As thou didst lead the young Tobias to Sara and opened up for him a new life of happiness with her in holy marriage, lead me to such a one whom in thine angelic wisdom thou dost judge best suited to be united with me in marriage.

St. Raphael, loving patron of those seeking a marriage partner, help me in this supreme decision of my life. Find for me as a helpmate in life that person whose character will reflect the traits of Jesus and Mary. May he(she) be upright, loyal, pure, sincere and noble, so that with united efforts and with chaste and unselfish love, we both may strive to perfect ourselves in soul and body, as well as the children it may please God to entrust to our care.

St. Raphael, Angel of chaste courtship, bless our friendship and our love, that sin may have no part in it. May our mutual love bind us so closely that our future home may ever be most like the home of the Holy Family of Nazareth. Offer thy prayers to God for both of us and obtain the blessing of God upon our marriage, as thou wert the herald of

blessing for the marriage of Tobias and Sara.

St. Raphael, friend of the young, be thou my friend, for I shall always be thine. I desire to ever invoke thee in my needs. To thy special care I entrust the decision I am to make as to my future wife (husband). Direct me to the person with whom I can best cooperate in doing God's Holy Will, with whom I can live in peace, love and harmony in this life and attain eternal joy in the next. Amen.

In honor of St. Raphael: Our Father, Hail Mary, Glory Be.



**PRAYER TO OUR BLESSED
MOTHER FOR PURITY**

Mary, loving Daughter of God the Father, I give my soul to your care. Protect the life of God in my soul. Do not let me lose it by serious sin. Protect my mind and my will so that all my thoughts and desires will be pleasing to God. Hail Mary...

Mary, loving Mother of God the Son, I give my heart to your care. Let me love you with all my heart. Let me always try to love my neighbor. And help me avoid friends who might lead me away from Jesus and into a life of sin. Hail Mary...

Mary, loving Spouse of the Holy Spirit, I give my body to your care. Let me always remember that my body is a home for the Holy Spirit who dwells in me. Let me never sin against Him by any impure actions alone or with others, against the virtue of purity. Hail Mary...

**PRAYER TO ST. MARIA GORETTI FOR
PURITY AND HOLINESS**

O St. Maria Goretti, strengthened by God's grace, thou didst not hesitate, even at the age of eleven, to shed thy blood and sacrifice life itself to defend thy virginal purity. Look graciously on the unhappy human race that has strayed far from the path of eternal salvation. Teach us that courage and promptness in fleeing temptation that will help us avoid anything that could offend Jesus or stain our souls with sin. Obtain for us a great horror of impurity and of all sin, victory in temptation, comfort in the sorrows of life, and the grace which we earnestly beg of thee, so that we may live a holy life on earth and win eternal glory in Heaven. Amen.

*Our Father,
Hail Mary,
Glory be to the
Father.*

