The world bombards men every day with its counterfeit message of love and sexuality. To counter this distorted view, the Church affirms chastity, a virtue that expresses, trains, and frees men to love in a noble way—to love like Christ.

The CONNECT section of the PARENT SHEET connects you with the information that was presented to your teen in our last small discipleship group. The DISCUSS section contains questions that you can use to start meaningful discussion on the topic covered and how it relates to your teen’s life. The COMMIT section explains to you the commitment or challenge that your teen committed to as a way to grow in his faith.

CONNECT

Men are told women should be conquered and used, marriage and fatherhood are a burden to avoid, and pornography is just normal “guy stuff.” Far from repressive, chastity is a life-giving discipline that taps into the truth of who men are called to be: noble, self-giving guardians and protectors of women. In this session the teens journeyed together in looking to the Church to shed light on the beauty of the chaste life, bringing a true freedom and a true strength to teens’ lives.

The teens were challenged to look at their own notions of masculinity, love, and sexuality with fresh eyes, and to use the wisdom from Holy Mother Church to transform their perspectives on this teaching. Lastly, the teens were encouraged to explore how they can change themselves and the culture around them by living out their sexuality in the context of freedom, strength, and love.

“Chastity is a difficult, long-term matter; one must wait patiently for it to bear fruit, for the happiness of loving kindness which it must bring. But at the same time, chastity is the sure way to happiness.”

—St. Pope John Paul II
PARENT TIP

Want to dive deeper into this topic? Take a look at the spiritual book Boys to Men: The Transforming Power of Virtue by Tim Gray and Curtis Martin, which discusses the building of spiritual strength and a virtuous life.

DISCUSS

Here are some conversation starters for this week. Remember to share your perspectives as well.

» How is the virtue of chastity perceived at your school or in your group of friends?
» What is your first impression of the term chastity?
» In what ways is a man who has mastered himself, his passions, and his desires more of a real man than a man who is capable of mastering others?
» How can working on your interior life help you with the practice of mastering yourself? What will be some challenges you’ll face, and how can we as a family help?

COMMIT

The teens’ commitment for this week is to take a real step in building their interior life. They were challenged to read Ephesians 5:25-30, which is a passage from St. Paul on how husbands are supposed to love their wives. The teens were asked to read the passage every day and reflect and journal on what it means for a man to love his future wife “as Christ loves the Church.”

“Only the chaste man and the chaste woman are capable of true love.”
—St. Pope John Paul II
Chastity is not about fear, following rules, or repressing sexual desires. Chastity is about learning how to love through sacrifice.

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CONNECT

Although the world tells men it’s not good to commit, in order to truly find your authentic manhood you have to give yourself away. Jesus Christ is our model in this. In this study, the teens discovered why only the chaste man is truly capable of love and how to live out chastity in daily life. The discussion included an explanation of the essential elements of chastity, such as relearning how to look at women and having contact with authentic examples of masculinity. At the end of the session, teens were given a practical 10-point game plan that they can use on the road to living a pure life.

“Beloved, we are God’s children now; it does not yet appear what we shall be, but we know that when he appears we shall be like him, for we shall see him as he is. And every one who thus hopes in him purifies himself as he is pure.”

—1 John 3:2-3
PARENT TIP

You can visit Lighthouse Media to dive deeper into this topic. Jason Evert gives a talk titled “Parenting for Purity,” which gives an insight and 10 strategies to safeguard your teen’s purity. The talk can be found here: lighthousecatholicmedia.org/store/title/parenting-for-purity

DISCUSS

Here are some questions that relate to this session’s discussion. Feel free to give your own insights and take this topic deeper with your teen.

» What is your definition of authentic manhood? How is this definition rooted in chastity?
» In what ways is Jesus Christ a perfect model for authentic manhood?
» Who is a man in your own life who calls authentic masculinity out of you? Why is that man an inspiration for you?
» How can we support you as a family to live out a chaste life?
» How can the Church support you throughout your road to living a pure life?

COMMIT

This week the teens were challenged to pick one of the 10 points on Jason Evert’s plan for growing in virtue of chastity and then begin to integrate it into their lives. The teens were asked to each prayerfully choose one of the points they most struggle with.

Jason Evert’s 10-point plan for growing in virtue of chastity:

» Humility: Admit your woundedness.
» Brotherhood: Have good friends.
» Confession: Get accountability, absolution, and grace.
» The Eucharist: The journey is too great without the Sacrament.
» The Name of Jesus: Whisper His name when you’re tempted; control your thoughts.
» Devotion to the Virgin Mary: Find consolations here rather than in the world.
» Guardian Angels: Seek their intercession.
» Date Holy Girls: True femininity inspires true masculinity.
» Avoid the Occasion of Sin: Choose carefully, and keep busy.
» Perseverance: Know that this is going to take a while.