



# Sexual Morality

Catholic Truth League  
Friday Apologetics  
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The culture that we live in today has taught many of us that a lack in modesty and a disrespect of our sexuality is acceptable. The Catholic Church hasn't turned a blind eye in this big issue facing its people. The Church's stance on sexual morality is a firm one that encourages all to, of course, dress appropriately and practice abstinence, but they also take it one step farther, encouraging all to be modest also in behavior, emotion and thought. We are guided to, "believe in the church, so that by believing we may obey God, and by obeying God may live well, by living well may purify our hearts, and with pure hearts, we may more deeply understand Christ and what we believe (Catechism of the Catholic Church, 2518)."

## Quick Scripture/Catechism

Mt 5:28 – already committed adultery with her in his heart  
Mt 15:11 – what comes out of the mouth defiles a man  
Gal 5:25 – live by the Spirit  
2531 – Purity of heart will enable us to see God.  
2521 – Modesty means refusing to unveil what should remain hidden  
2523 – Awakening in them respect for the human person  
2518 – Sixth beatitude connection to purity of heart, body and faith

## Catholic Stance on Sexual Morality:

1. Remain simple and innocent and you will be like little children who do not know the evil that destroys man's life (CCC 2517).
2. A modest person dresses, speaks and acts in a manner that supports and encourages purity and chastity, and not in a manner that would tempt or encourage sinful sexual behavior. Modesty protects the mystery of the person in order to avoid exploiting the other. Modesty ensures and supports purity of heart, a gift that enables us to see God's plan for personal relationships, sexuality and marriage (U.S. Catholic Catechism for Adults).
3. In the mystery of creation, the woman was "given" to the man. On his part, in receiving her as a gift in the full truth of her person and femininity, man thereby enriches her. At the same time, he gives the gift of himself to her, and is too enriched in this mutual relationship (J.P.II, GENERAL AUDIENCE 6 FEBRUARY).
4. Love is indeed "ecstasy," the Pope tells us. But not in a hedonistic sense. If ecstasy means "to go out of oneself," then love is ecstasy as "an ongoing exodus out of the closed inward-looking self towards its liberation through self-giving, and thus towards authentic self-discovery and indeed the discovery of God."
5. Love now becomes concern and care for the other. No longer is it self-seeking, a sinking in the intoxication of happiness; instead it seeks the good of the beloved: It becomes renunciation and it is ready, and even willing, for sacrifice (Pope Benedicts Encyclical, "God is Love").
6. The comparison of the Church with the body casts light on the intimate bond between Christ and his Church. Not only is she gathered around him; she is united in him, in his body (CCC 789).