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GOSPEL FOUNDATIONS FOR INCARCERATED INDIVIDUALS

The Law of Chastity



THE CHURCH OF
JESUS CHRIST
OF LATTER-DAY SAINTS

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The law of chastity is God’s commandment regarding sexual purity. We are to have sexual relations only with our spouse to whom we are legally married. No one, male or female, should have sexual relations before marriage. And once we are married, sexual relations are permitted only with our spouse.

The Lord commanded the Israelites: “Thou shalt not commit adultery” (Exodus 20:14, page 110). This commandment is in force today, and modern prophets have warned that keeping the law of chastity involves more than just avoiding sexual intercourse outside of marriage. Prophets have also warned against homosexual behavior, masturbation, and pornography use. They have taught: “Never do anything that could lead to sexual transgression” (*For the Strength of Youth* [booklet, 2011], 36).

When we keep the law of chastity, we prepare ourselves to receive the blessings of the temple and to build strong, loving family relationships. We also protect ourselves from spiritual and emotional harm.



Breaking the Law of Chastity Is a Serious Sin

Heavenly Father has set strict limits around how we use our procreative powers and how His children enter the world. This is part of His plan for our lives, which is designed to bring us great eternal happiness.

Satan does not want us to be prepared to receive these eternal blessings. He attacks God’s standards of modesty and teaches that our physical bodies were meant to inspire lust instead of nourishing love. Satan also uses inappropriate pictures, movies, stories, jokes, music, and dances to encourage us to think immoral thoughts and participate in immoral acts.

Jesus taught: “Whosoever looketh on a woman to lust after her hath committed adultery with her already in his heart” (Matthew 5:28, pages 1193–94). This teaching applies to both men and women. It means that we must not look at or treat others in a lustful way, but that we must treat all people with respect.

Using pornography is a serious sexual sin and can have lasting consequences, including addiction. Elder Dallin H. Oaks of the Quorum of the Twelve Apostles taught: “Words and images with sexual content and influences are everywhere: they can be found in movies, TV programs, social media, text messages, phone apps,



advertisements, books, music, and everyday conversations. As a result, it is inevitable that all of us are being exposed to sexualized messages on a regular basis" ("Recovering from the Trap of Pornography," *Ensign*, Oct. 2015, 32). When we come across pornography, we can choose to turn away instead of continuing to use it.

Satan sometimes tempts us to commit sexual transgressions when we are emotionally weak, such as when we feel lonely, confused, or depressed. Our Heavenly Father can give us the strength to pass through these trials unharmed.

We Can Be Forgiven of Our Sins

Peace can come to those who have broken the law of chastity. The Lord told Alma, "As often as my people repent will I forgive them" (Mosiah 26:30, page 198).

In order to repent, we must be humble, confess our sins, commit to change, be accountable for our choices, and endure in faith. Confessing our sins means that we must be honest with the Lord, with proper priesthood authority, and with those we have hurt, such as a husband or wife.

The repentance process is sometimes long and painful, but we can take heart in the Lord's promise that when we repent, He remembers our sins no more (see D&C 58:42, page 106). As we learn to keep the law of chastity throughout our lives and repent of our sins, we will experience great joy and peace.



"Let virtue garnish thy thoughts unceasingly; then shall thy confidence wax strong in the presence of God; and the doctrine of the priesthood shall distil upon thy soul as the dews from heaven.

"The Holy Ghost shall be thy constant companion."

D&C 121:45, pages 242–43

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UP

Additional Scriptures

- **Matthew 19:5–9, page 1220**
(the marriage relationship is sacred)
- **Alma 39:1–9, pages 305–6**
(adultery is a serious sin)
- **D&C 121:45, pages 242–43**
(think virtuous thoughts)
- **D&C 58:42–43, page 106** (we must confess and forsake our sins)



Personal Experience

The choice that has brought me the greatest amount of sadness in my life was the choice to break the law of chastity. I severely damaged the life of another with my sinful behavior. My mind found excitement only in fostering my twisted sense of sexuality until my life was entirely taken over by pornography and deviant morality. When my friends and family discovered my immorality, they were devastated. I was sent to prison for various crimes, and I wondered if there would be any hope for me.

Changing my mindset has been the hardest part of my recovery and conversion. The weeds of immorality that I had let grow in my consciousness had to be removed image by image until I no longer thought about impure things. The gospel study programs that I have received from the Church and dedicated volunteers have led me to the Lord to receive the help I needed to begin making changes in earnest. Every lesson that I worked through brought new revelations about what I had done wrong, how to live my life, and how to avoid becoming trapped by immoral habits once more. Without those lessons, I know that I would not have progressed spiritually.

I now realize that with God's help I can become clean from the stains of my immorality. I can prepare myself to be united with a righteous woman in holy matrimony and to raise a family unto the Lord.

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How is pornography a lie? What should we do when we come across it?

What are some things you can do to keep the law of chastity as an inmate?

What do we need to do to repent of sexual sins?

Is there anything else that you have learned from this lesson that you would like to share?

Name _____ Offender # _____

Please answer the questions on this response form, detach, and return to the address below:

Correctional Services
50 East North Temple Street
Salt Lake City, UT 84150
1-801-240-2644

Please request the next lesson you would like to study: _____