



Who chooses to live chastity because he understands that it is best for him and for the woman he loves, that that is the way to grow and mature in authentic love, he is faced with a great question: and how do I live chastity in the practical, daily? What does it imply specifically?

To live chastity the first thing is to want it firmly. To desire it with conviction and to find the proper motivation are fundamental to the acquisition of the virtue of chastity. In that same sense, you must understand and are convinced that you can live chastity. Who says it is impossible, is because he has not tried seriously or because he does not even want to try, and not because he does not want or can not, means that others can not. In this attempt to live the virtue of chastity also applies that of "wanting power."

Chastity is certainly not achieved overnight, just to love and decide. It requires struggle and perseverance in that struggle. Chastity is a virtue, and nobody becomes a virtuoso without effort, perseverance, sacrifice, training and a lot of patience. Do not ever be discouraged if you fail the first attempt, the second or the third. The important thing is to keep trying again and never give up, never stay with the last experience of defeat.

Having the decision and with the conviction that it is possible, it touches to train you. As in the martial arts, you can only achieve your perfect dominance by techniques, with a teacher who teaches you and the daily repetition of certain movements and exercises. Remember that as in all that requires training, also in the mastery of their desires and sexual impulses through chastity, the repetition of virtuous acts and perseverance are fundamental.

Persevering is never giving up. Persevere is to be stubborn: if I fall, I turn to stand and return to battle! No lying on the ground after a fall! Persevering implies seeing the fall not as a failure, as the final defeat, but as an opportunity to learn, to be smarter from now on and not to make the same mistakes. A fall does not make the end of the race. It's just that: a stumble on the road. Even if you fail, the Lord always offers you a new opportunity! He only asks you to humbly accept your fragility, that you learn from your downfalls and that you return to the struggle supported by its strength.