
Chastity

“Do not deprive each other except by mutual consent and for a time, so that you may devote yourselves to prayer. Then come together again so that Satan will not tempt you because of your lack of self-control.” – 1 Corinthians 7:5

The name of this discipline does not specifically describe what it is. In the discipline of chastity, “we purposefully turn away from dwelling upon or engaging in the sexual dimension of our relationships to others – even our husbands or wives.”¹ As the discipline of fasting deals with the hunger drive, chastity deals with the sexual drive. Actually, chastity is the result of experiencing the discipline.

Sexuality is a huge part of our culture today. Sexuality also reaches deeply into the essence of who we are as humans. Because of this, it often has a huge control over us. Therefore, the goal of chastity is not to eliminate or escape sexuality, but rather to help us learn to control it rather than it controlling us.

- If you are married, one of the simplest ways to partake of this discipline is to discuss with your spouse a period of time that you will refrain from sexual relations. Then, purposefully use this time for prayer or ministry to others.
- A very profitable way to exercise this discipline is to consciously abstain from any sexually related thoughts or actions. Choose a period of time wherein you will follow this commitment.
- Spend some time meditating on Matthew 5:27-28. Write out a list of ways that you are guilty of what Jesus describes as “adultery.” Purposefully commit to change in these areas.
- If you struggle with any form of sexually oriented material, take some time to eliminate these stumbling blocks from your life. Allow God’s grace and love to permeate those areas of insecurity and escape. Consider sharing this with a close friend, mentor, or counselor.

¹ Dallas Willard, *The Spirit of The Disciplines* (San Francisco: Harper & Row Publishers, 1988), 170.