



TOP 10 REASONS

TO ABSTAIN FROM SEX UNTIL MARRIAGE

- 1** You'll be free to be physically intimate with your spouse without being haunted by past sexual relationships.
- 2** Once you have a sexual relationship with another, it cannot be undone. You are permanently changed. Oxytocin is released in the brain during the intimate relations. Oxytocin acts as "super glue," bonding us to the person we've been intimate with. When you break up and get a new partner, your ability to bond with a new partner is damaged. It's like leaving pieces of yourself with everyone you've been with.
- 3** To avoid sexually transmitted diseases, some of which are a death sentence and others that will be with you for a lifetime. There are 141 different STI's.
- 4** To prevent the emotional pain of feeling used, discarded or rejected by someone you have given the most intimate part of yourself.
- 5** To avoid unintended pregnancies and the problems they cause. If you become pregnant, your options are either to parent the child or place the child for adoption. Abortion is not an option because it takes the life of an innocent child.
- 6** To have time to focus on your school work, sports, talents and grow as an individual.
- 7** To have no contraceptives polluting your body.
- 8** To escape divorce—couples who have sex before marriage, especially those living together, have a much higher rate of divorce.
- 9** To remain true to your religious and moral beliefs. Abstaining proves a commitment to God and your future spouse.
- 10** To know you're giving your spouse the total gift of yourself; something never given to another. Real love desires the best for another.