

Strengthening Our Ability to Keep the Law of Chastity

Study the scripture references and statements looking for answers to each of the following questions.

How can we access the Savior's power to help us keep the law of chastity?

- Galatians 5:16
- 1 Nephi 15:23–24
- 3 Nephi 18:18–20

What blessings will we receive as we strive to keep the law of chastity?

- Psalm 24:4–5
- Doctrine and Covenants 121:45

Our Heavenly Father has given us the law of chastity for our protection. Obedience to this law is essential to personal peace and strength of character and to happiness in the home. Those who keep themselves sexually pure will avoid the spiritual and emotional damage that always comes from sharing physical intimacies with someone outside of marriage. Those who keep themselves sexually pure will be sensitive to the Holy Ghost's guidance, strength, comfort, and protection. (Topics and Questions, "Chastity," Gospel Library)

Elder Randall K. Bennett of the Seventy taught:



Frequently studying my patriarchal blessing increased my desire to withstand temptation.
("Your Patriarchal Blessing-Inspired Direction from Heavenly Father," *Liahona*, May 2023, 43)

Elder Dale G. Renlund of the Quorum of the Twelve Apostles shared:



By making and keeping temple covenants, we . . . gain greater power to resist temptation.
("Accessing God's Power through Covenants," *Liahona*, May 2023, 36)