

## **CHASTITY PROMISE**

Dear Lord Jesus:

Today, it is my strong belief and wish to honor my pledge with you to order my affections and orient them towards love, according to my state of life. Help me learn how to love myself and love the others in a healthy way and in the way they deserve to be loved, for this purpose, I ask you to help me work on the chastity virtue day by day.

Don't let me have a debt other than love with anyone, don't let me use anybody as a pleasure object, help me recognize your face in my neighbors, because every person has been created in your image and likeness.

And if, in any time, due to my weakness, I played with love and I were not strong enough to be chaste, then be merciful with me and watch over me to go back to the right path.

I want to open my heart and my life to You today, to You that are Love and I ask You to stay with me and teach me how to love and how to be chaste, change my heart and make me be born again.

I beg You, let Mary be my Mother, that she covers me with her mantle and comes to live in my heart, so that she, who is an example of chastity, keeps my heart and my life to You. Amen.