

# Male Virginity is Manly



Before I became Catholic, but when I was still an evangelical, I felt a slight aversion to men who were virgins. Many of the ladies in my circle were in agreement that virginity for women was attractive, but we wanted husbands who could “show us the way”. Male virginity was nothing to strive for.

Maybe we read too many Harlequin romances, which were popular at that time. In those romances, the women were virginal and inexperienced while the men were dashing and very experienced. Even though we believed fornication was wrong, we were encouraged to “turn a blind eye” to men’s previous dalliances.

Recently, I posted a question to my Facebook community about why Catholic men were so afraid to approach women.

One of the men commented that “Being a virgin means you are less confident with women. In today’s world, being a virgin into your twenties is WEIRD. 99% of men you see have had multiple serious girlfriends.”

He’s right. Although we are “in the world, but not of the world”, lines have a way of being blurred.

The Catholic Church makes no distinction between male virginity and female virginity. In fact, devout Catholic women seem to want their future spouse to be virgins. The idea of saving oneself for one’s spouse is attractive.

However, men still have to deal with ribbing from non-Catholic men and women, and less devout Catholics.

So how does one maintain one's manly confidence in such a situation?

## **It Takes Strength to Resist Temptation**



How do we know? Take a look at these Saints' quotes about chastity.

### **St Basil the Great**

St Basil the great describes a Christian engaged in a fight for purity as a "wrestler".

*"As the Pilot of a Vessel is tried in the storm, as the wrestler is tried in the ring, the soldier in battle and the hero in adversity, so is the Christian tried in temptation."  
St Basil the Great.*

### **St Jose Maria Escriva**

St Jose Maria Escriva goes as far as implying that giving in to temptation is not manly.

*“Be a Man. When you decide firmly to live a pure life, chastity will not be a burden to you; it will be a crown of triumph”. St Jose Maria Escriva.*

## **St Pope John Paul II**

St John Paul II addresses not only male virginity and chastity, but a man’s role in a woman’s chastity.

*“God has assigned as a duty to every man the dignity of every woman”. [EWTN](#).*

I’m including these quotes here only to show that resisting temptation is in fact manly. It is a badge of honor to remain a virgin in this world where virginity is scoffed at.

So instead of feeling insecure and shy when approaching women, you should feel confident and strong, through the grace of God. If you’re able to overcome temptation, then any women in court will be able to rely on you to not do anything that would lead her into temptation.

## **What if You Already Lost Your Virginity?**

*“Lust indulged became habit, and habit unresisted became necessity.” St Augustine.*

God forgives us and if you meet the right woman, she will love you despite your past.

If you previously led an impure life, it might even take more

strength to resist temptation. We are creatures of habit. Sometimes it is even harder to remain pure when you have already previously indulged.

Do what you need to do to avoid falling into impurity.

If you fall, get up and try again.

Your male virginity or avoidance of impurity is a testament to your manly strength.

Go forth with confidence.

Happy Courting!

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### **Recommended Books**

*Psst... Chaste Courtship gets a commission if you buy through our link. Thank you!*

[Be Not Afraid: A Book of Quotes for Catholic Men](#)

[Answers to the Catholic Man Crisis: Collected Articles from Those Catholic Men](#)

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# **PRAYER TO ST RAPHAEL FOR THE WISE CHOICE OF A MARRIAGE PARTNER**

# PRAYER TO ST RAPHAEL

## FOR THE WISE CHOICE OF A MARRIAGE PARTNER



O Glorious St. Raphael, Patron and Lover of the Young, I call upon thee and plead with thee for thy help. In all confidence I open my heart to thee, to beg thy guidance and assistance in the important task of planning my future. Obtain for me through thy intercession the light of God's grace, so that I may decide wisely concerning the person who is to be my partner through life. O Angel of Happy Meetings, lead us by the hand to find each other. May all our movements be guided by thy light and transfigured by thy joy. As thou didst lead the young Tobias to Sara and opened up for him a new life of happiness with her in holy marriage, lead me to such a one whom in thine angelic wisdom thou dost judge best suited to be united with me in marriage.

St. Raphael, loving patron of those seeking a marriage partner, help me in this supreme decision of my life. Find for me as a helpmate in life that person whose character will reflect the traits of Jesus and Mary. May he(she) be upright, loyal, pure, sincere and noble, so that with united efforts and with chaste and unselfish love, we both may strive to perfect ourselves in soul and body, as well as the children it may please God to entrust to our care.

St. Raphael, Angel of chaste courtship, bless our friendship and our love, that sin may have no part in it. May our mutual love bind us so closely that our future home may ever be most like the home of the Holy Family of Nazareth. Offer thy prayers to God for both of us and obtain the blessing of God upon our marriage, as thou wert the herald of blessing for the marriage of Tobias and Sara.

St. Raphael, friend of the young, be thou my friend, for I shall always be thine. I desire to ever invoke thee in my needs. To thy special care I entrust the decision I am to make as to my future wife (husband). Direct me to the person with whom I can best cooperate in doing God's Holy Will, with whom I can live in peace, love and harmony in this life and attain eternal joy in the next. Amen.

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## **Banish Your Unchaste Thoughts**

### **What Are Unchaste Thoughts?**

In a nutshell, unchaste thoughts are sexually arousing or

impure, sinful thoughts. They come in three flavors.



- **Involuntary.** The unchaste thought enters your mind and you immediately do your best to banish it from your mind.
- **Involuntary that becomes voluntary:** The unchaste thought enters your mind and you linger on it and take pleasure in thinking about it.
- **Voluntary:** You set aside a time to think about the particular unchaste thought/activity. An example would be someone who can't wait to leave work so that that he could lay in bed, thinking more about something impure he'd like to do.

*“If the mind takes pleasure in unlawful thoughts, which it ought to banish at their first appearance, it evidently commits a sin, and this even when it does not propose to itself to execute what it thought.” ~ St Augustine*

Moral theology says that we do not sin if an impure thought enters our minds.

*But if once you know that what you think of is unchaste and sinful, and nevertheless entertain it with pleasure without fighting against it and trying to banish it from your mind, you commit a mortal sin, because the pleasure in the unchaste*

*thought is entirely voluntary. It is not necessary that you take pleasure in the unchaste object for any length of time; for, to entertain this voluntary pleasure only for a moment, is a mortal sin. That impure thoughts, in which we take voluntary pleasure, are grievous sins, St. Augustine teaches in these words: "If the mind takes pleasure in unlawful thoughts, which it ought to banish at their first appearance, it evidently commits a sin, and this even when it does not propose to itself to execute what it thought." Rev. John Evangelist Zohner, [The Pulpit Orator: Low Sunday through the Fourth Sunday After Pentecost Vol. 3](#) (1884)*

When you're lonely, it is easy to fall into a fantasy life, to look forward to getting home so you can relish those thoughts of how you want your life to be.

If you're not careful, you can fall into all sorts of sin like masturbation and [porn](#).



## **How to Banish Unchaste Thoughts**

Here are some ways to banish unchaste thoughts:

### **Firmly Intend to Not Linger On Unchaste Thoughts**

*"Daniel "purposed in his heart that he would not defile*



*himself" (Daniel 1:8)"*

All good actions require an act of the will. Will with all your heart that you will not fall into sin.

## **Recognize That You Can't Do It Alone**

The Act of Contrition ends with the following: "I firmly resolve, with the help of Thy grace, to confess my sins, to do penance, and to amend my life."

If you truly want to banish a sinful habit, cry out to God and plead with Him to help you. He will.

## **Attend Daily Mass & Adoration**

If you are able, attend daily Mass and receive the Eucharist. The Eucharist feeds, us and sustains us. Offer up your struggles with chastity and unchaste thoughts to the One who can free you from all vice.

## **Ask for Our Lady to Intercede for You**

*"More souls go to hell because of the sin of the flesh than for any other reason. [Our Lady of Fatima](#).*

Our Lady is our mother and she shows us how to live lives free of impurity. She desires to show us how to please her son.

Specifically, cultivate a devotion to the [Rosary](#).

Many have broken patterns of sin by praying the Rosary every night.

## **Avoid Anything That Might Create an Occasion of Sin for You**

*Jessy thought he was immune to movies with explicit, sexual content. "Most decent movies, have some sort of sexual content," he rationalized. I can focus on the main theme of the movie and not focus at all on the sexual content."*

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This is what he thought until he started to struggle.

At night time when everyone else was asleep, his mind drifted to what he had seen earlier and he began to fantasize about engaging in those same acts.

We are not as immune as we might think.

# Read the Lives of the Saints



The Saints lived by example and you can't read the lives of the saints without having the desire to be saintlier. Check out some recommended books in the resource section below.

In a world where sexual intimacy is the norm even while dating, it can be incredibly hard to not think about and desire to have sex, as a single person. Even though it can be hard, a chaste mindnis totally achievable. This year, why not crucify your unchaste thoughts on the cross?

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## Resources

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### **Chaste Courtship Articles**

[Prayer to Jesus, Mary & Joseph for Purity](#)

[Three Ways to Overcome Porn](#)

### **Saint Books**

[The Perfect Joy of St Francis](#)

[The Story of a Soul – The Autobiography of St Therese de Lisieux](#)

### **Rosaries**

# Showing Affection in a Chaste Courtship: How Far is Too Far?

You're spending some time at the park with your boyfriend or girlfriend, and judging by the googly eyes you're giving each other, you are both feeling overwhelmed with romantic love and passion, and want to show it. But how far is too far?



Before you know it you're embracing, and since you're good Catholic kids, you're pacing yourself to make sure you don't go too far.

After all, you have your boundaries. You've discussed them and you both agreed to do certain things and not others.

However, as the minutes tick by, somewhere at the edge of your brain, is a little voice that is telling you that maybe you shouldn't be doing what you're doing.

The question of "how far is too far", is one that is both easy and complex at the same time.

Obviously, if you avoid all signs of physical affection, along with improper speech, you're in the clear.

But life is not always like that.

Sometimes you want to show affection to the person you are in a courting relationship with.

**How far is too far?**



Every couple is different and what works for some might not work for others. Boundaries defined by couples might differ. So “how far is too far” may be different for different couples, within reason.

For example, my position when it comes to open-mouth kissing is to [avoid](#) it altogether.

Let's look at some questions you can ask yourself to make that determination.

**Is Your Intention Arousal or Affection?**



Arousal and affection, can get a little muddled, can't it?

Even a closed-mouth kiss can be arousing, depending on the intention. Some feelings of desire are inevitable when a man and a woman who like each other spend time alone (don't spend too much time alone).

How do you know if you're getting near the danger zone?

Are you experiencing physical signs of arousal?

Do you get a thrill after going a little further each time? That should clue you that the reason you're showing affection is either to entice or become aroused yourself.

Be honest with yourself and identify your intention.

**Are you starting to fantasize about being married so you can go all the way?**

Of course, it is natural for us to desire our future spouses and to daydream somewhat about being one flesh. However, you should try not to linger on those thoughts, because they have a way of popping up in when you're spending time with your beau or gal.

We can't help the thoughts that enter our minds, but if you start fantasizing about sleeping with your boyfriend or girlfriend, while expressing affection, you're already in the danger zone.

By the way, this is the way the devil tricks us in to thinking we're doing something proper by fantasizing about sex after marriage, when

all that's happening is that we're getting more and more sex-focused, which can lead to either devaluing the relationship or lowering our guard.

### **Do You Sometimes Fear That You Might Be Going Too Far?**

Once you begin to fear going too far, that means your inner radar, aka your conscience, is warning you and it's time to take a step back.

You wouldn't feel that way if both your body, mind and soul weren't picking up danger signals.

If we would listen to our conscience rather than override it, we would avoid quite a bit of trouble.

I hope these guidelines were helpful.

How did you know in the past when you were going too far?

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### **Purity Resources**

*If you buy through the links on this site, Chaste Courtship might get a commission. Thanks for supporting Chaste Courtship!*

- [If You Really Loved Me: 100 Questions on Dating, Relationships, and Sexual Purity](#)
- [Covenant Eyes Internet Filter Software](#)
- [Christian Courtship in an Oversexed world](#)
- [In Defense of Purity: An Analysis of the Catholic Ideals of Purity and Virginity](#)

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# Buyer's Remorse is Not Rape

Buyer's remorse is not rape.

Ladies, some men are jerks and will treat you like garbage after sex. However, "buyer's remorse" is not rape & false accusations do a disservice to real rape victims.

Choose wisely or better yet, choose marriage before sex.

I'll say it once more.

Buyer's remorse is not rape!

If this message resonates with you, pass it on!



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[chastecourtship.com](http://chastecourtship.com)

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**Divorced Without an  
Annulment? Why Do You Have An**

# Online Dating Profile?

If you are divorced without an annulment, you have no business having an online dating profile.

VIDEO NOTES:

## How "Bob" Allowed the Devil to Deceive Him

A client of mine, let's call him "Bob", before he knew better, committed a grave sin.

Even though he was divorced, and did not yet have an annulment, he began to dabble in online dating.

Bob created a dating profile and thought to himself, "I'll just find some friends who have something in common with me and we can hang out".

He did make some "friends".

How long do you think those friendships stayed in the realm of friendship?

Not very long.

You see, if you're lonely and you start meeting attractive members of the opposite sex, it won't be long until conversation turns to hugging, smooching, and other things you shouldn't be doing.

I tell you, the devil can really play with our minds.

You want excuses, he'll give them to you.

The excuse was that since he was feeling lonely, it would be better to have some sort of platonic relationship with the opposite sex, than to fall into sins of impurity, like masturbation.

Since he had no intentions of having sexual intercourse with the ladies, he figured that doing a little petting, was better than masturbating at home.

Like, I said, the devil can really play with your mind.

How many of you have had similar thoughts?

Dabbling in online dating without an annulment is playing with fire – hellfire.

Remember, if you do not have an annulment, you are still married and even if you don't actually have sex with your online dates, you are still being unfaithful to your marriage.

Even if you are 98% sure you will get an annulment because your priest said so, you are still committing adultery.

### **What Do You Do When a Charming Man or Woman Contacts You Online**

Ask them for their marital status.

What you do after that depends on their answer:

#### **Scenario 1**

You: Are you single?

She/him: Annuled

You: Okay. So, how are you?

#### **Scenario 2:**

You: Are you single?

She/Him: Divorced

You: Do you have an annulment?

She/Him: Yes.

You: Okay. So how are you?

#### **Scenario 3:**

You: Are you single?

She/Him: Divorced

You: Do you have an annulment?

She/Him: No.

You: Have a nice life. Goodbye.

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## **How Do You Stay Chaste When You're Lonely & Struggling With Temptation**

So how do you stay chaste when you're lonely?

Pray my friends. Pray very hard.

Immerse yourself in prayers that are there specifically for [purity](#).

Attend daily Mass if possible.

Get thee a [cord](#) of St Thomas Aquinas.

Do what you have to do to remain in a state of grace.

May God give you strength.

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## **Is My Courtship Chaste? Definition of Chastity In Courtship**



# Chastity Definition

A confused reader sent me this question:

My girlfriends and I don't see eye-to-eye on the definition of chastity within courtship. Some think French-kissing is chaste. Some think petting is chaste unless you go too far. Can you give us the official chastity definition?

Barbara

Dear Barbara,

Great question!

For the purposes of this site, it is fair to have a general chastity definition so that we're on the same page.

We can't discuss a thing unless we have the definition of the thing, right?

Chastity is relevant for both the single life and the married life.

However, we shall look at it under the lens of courtship.

First let's take a look at the definition of a chaste

courtship.

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### **What is a Chaste Courtship?**

A chaste courtship is one in which the two parties in the relationship do not engage in any activity that is, or has the potential to be, sexually stimulating.

Increasingly, many singles are finding that chastity is the way to go.

Sex can be so confusing, especially for women.

Think of some of the married couples you know who have such horrific marriages, that you wonder why they even got married?

The reason some of them got married is because they became enamored with the idea that they were meant to be together solely because the sex was good.

Unfortunately, sex cannot keep a relationship together and premarital sex just confuses things.

So now let's take a look at what chastity is not.

If your relationship has elements of any of the below, you're obviously not involved in a chaste courtship.

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### **Offenses Against Chastity**

The Catechism of the Catholic Church lists these offenses against chastity:

**Lust:** disordered desire for or inordinate enjoyment of sexual pleasure. Sexual pleasure is morally disordered when sought for itself, isolated from its procreative and unitive purposes.

**Masturbation:** the deliberate stimulation of the genital organs in order to derive sexual pleasure.

**Fornication** is carnal union between an unmarried man and an unmarried woman.

**Pornography** consists in removing real or simulated sexual acts from the intimacy of the partners, in order to display them deliberately to third parties.

**Prostitution** does injury to the dignity of the person who engages in it, reducing the person to an instrument of sexual pleasure.

**Rape** is the forcible violation of the sexual intimacy of another person. It does injury to justice and charity.

[Source](#)

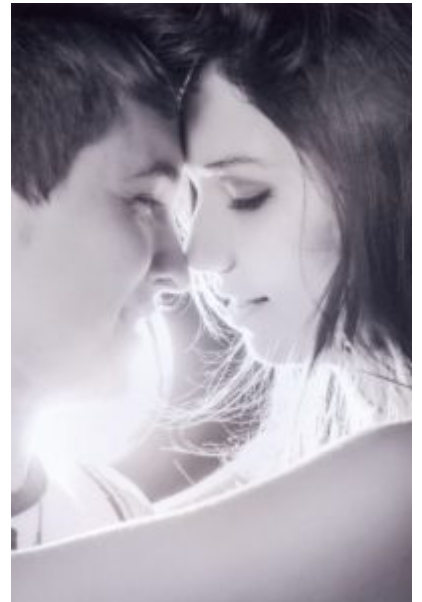
Many are able to avoid these obvious offenses against chastity. The tricky part is maneuvering around the subtleties.

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## French Kissing

French kissing is a passionate kiss that involves the

tongue.



Make no mistake: The purpose of French kissing is to arouse the passions and turn the other person on.

Therefore, French kissing has no place in a chaste couple's courtship.

If you think you're only using French kissing to show affection, you are fooling yourself.

Why spend all your time resisting temptation when you can spend time properly discerning if this is the person you are meant to spend your life with?

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### **And Now, the Official Chastecourtship.com Chastity Definition**

Chastity in courtship is the state or practice of avoiding premarital sex and any behavior or activity that can compromise the purity of your relationship.

So, if you want to know if your relationship is chaste, ask yourself if you're compromising the purity of your relationship in any way.



How's that for a chastity definition?

Share your thoughts below!