

# LESSON 9

Understanding the Endowment

## TODAY'S KEY WORD: Chastity

### TODAY'S MAIN POINT:

# Will you live the law of chastity and abstain from all intimate relations outside of marriage?

Intimacy is more than just sex. It includes all relations. "Keep the law of chastity, which means abstaining from sexual relations outside of a legal marriage between a man and a woman, which is according to God's law." —General Handbook, 27.2



Spiritual



Emotional



Physical



Social



Intellectual



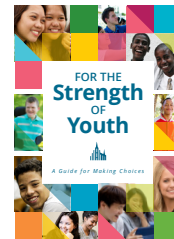
Financial



Intimacy is not just sex (cherry). Intimacy includes all other relationships with your spouse: the entire ice cream sundae.



## Homework



### Study "For the Strength of the Youth"

Internet search: "For the Strength of Youth Pamphlet." Focus on these chapters: Make inspired choices (page 4); Jesus Christ will help you (6); Love God, love your neighbor (10); Walk in God's light (16); Your body is sacred (22).

### Watch 20 Church videos on intimacy

Internet search: "Family Conversations: Talking about Healthy Sexuality." The world views sex as selfish and narcissistic. Sexual relations should be enjoyed in a healthy marriage relationship. People don't just need to enter marriage pure; they need to enter prepared. See the next page for more information about these videos. Source: <https://www.churchofjesuschrist.org/media/collection/family-conversations-talking-about-healthy-sexuality-video-collection?lang=eng>

## QUOTE OF THE DAY

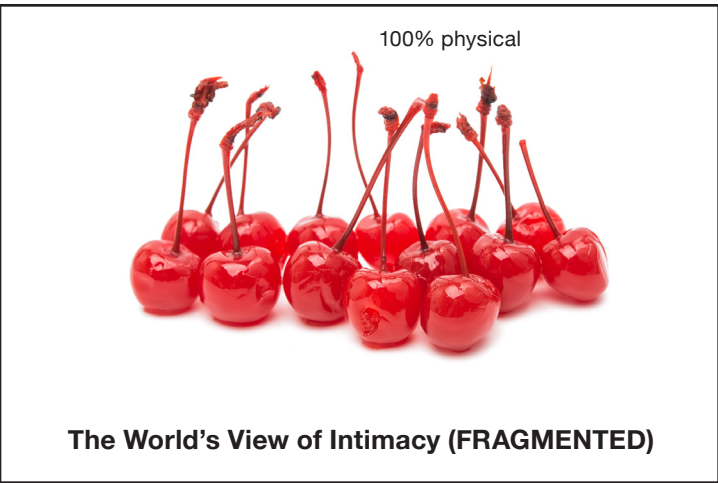
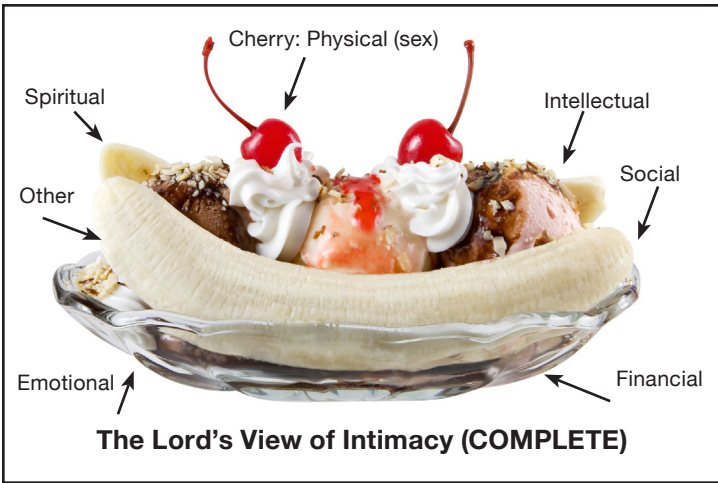


"If we relate to each other in fragments, at best we miss full relationships. Two people may marry for physical gratification and then discover that the illusion of union collapses under the weight of intellectual, social, and spiritual incompatibilities. . . . Sexual fragmentation is particularly

harmful because it is particularly deceptive. The intense human intimacy that should be enjoyed in and symbolized by sexual union is counterfeited by sensual episodes which suggest—but cannot deliver—acceptance, understanding, and love" (Victor L. Brown, Jr., *Human Intimacy: Illusion and Reality*, pp. 5–6).



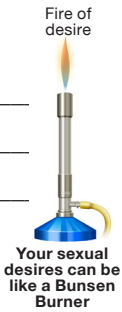
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## Will you obey the Lord's counsel on intimacy before and after marriage?

What are the intimacy boundaries?

D&C 42:22-23 \_\_\_\_\_  
 Genesis 39:7-12 \_\_\_\_\_  
 2 Samuel 11:2-5 \_\_\_\_\_



What does the Lord say about intimacy? \_\_\_\_\_

Mark 10:6-9 \_\_\_\_\_

Why does it matter to stay morally clean? \_\_\_\_\_

What's wrong about living together before marriage? \_\_\_\_\_

What things cause unholy thoughts to enter your mind?

Mosiah 4:30 \_\_\_\_\_

What is the counsel about birth control? \_\_\_\_\_

What if you feel same-gender attraction? \_\_\_\_\_

How do you stay morally clean before and after marriage?

Alma 38:12 \_\_\_\_\_

Alma 39:3-9 \_\_\_\_\_

1 Cor. 6:18-20 \_\_\_\_\_



"...bridle all your passions, that ye may be filled with love..." (Alma 38:12)

What is wrong with pornography? \_\_\_\_\_

What if you break the law of chastity? \_\_\_\_\_



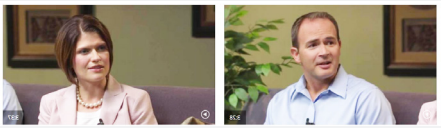
"repent and forsake your sins, and go no more after the lusts of your eyes, but cross yourself..." Alma 39:9

20 videos

## Family Conversations: Talking about Healthy Sexuality



Internet search: Family Conversations: Talking about Healthy Sexuality. CHURCH WEBSITE: Libraries > Life Help > Addiction > Spouse and Family Support > Other Videos > Family Conversations: Talking about Healthy Sexuality



Dr. Ben Erwin of LDS Family Services interviews specialists *Dr. Jill Manning*, a licensed Marriage and Family Therapist and an expert on pornography's effects on the family and *Dr. Jason S. Carroll*, a professor in BYU's School of Family Life who has extensively researched sexuality in families.



# Situational awareness helps you live the law of chastity

"Situational Awareness is the ability to identify, process, and comprehend the critical elements of information about what is happening to the team with regards to the mission. More simply, it's knowing what is going on around you. When we lose the bubble (i.e., Situational Awareness) we increase the potential for human error mishaps. Coast Guard analysis of navigational mishaps for cutters and boats revealed that 40% were due to a loss of situational awareness."









SOURCE: <http://www.campbell.army.mil/Installation/Safety/Documents/Situational%20Awareness%20chap5.pdf>

## MILITARY TERMS

*Terms used from the U.S. Coast Guard "Situational Awareness" training manual*

## SPIRITUAL QUESTIONS

*What are the spiritual clues that will warn of lost or diminished spiritual "situational awareness"?*

 <p><b>Confusion or gut feeling.</b> "Disorder within the team or a gut feeling that things are not right. This clue is one of the most reliable because the body is able to detect stimulus long before we have consciously put it all together. Trust your feelings!"</p>	<p><b>How do you avoid being deceived?</b> See Ether 4:11-12</p>
 <p><b>No one watching, looking for hazards.</b> "Vessel operations require more than just driving the bow of the cutter or boat. The proper assignment and performance of tasks, particularly supervisory and lookout ones, is essential to safe vessel operations."</p>	<p><b>Who warns you about chastity pitfalls?</b> See Mosiah 8:15-17</p>
 <p><b>Use of improper procedures.</b> "This puts the individual or team in a gray area where no one may be able to predict outcomes with any certainty."</p>	<p><b>How do you avoid gray or dark areas?</b> See Mosiah 2:22</p>
 <p><b>Departure from regulations.</b> "In addition to violating procedures, we are operating in an unknown area where the consequences of our actions cannot be predicted with any degree of certainty."</p>	<p><b>What happens when you obey or disobey?</b> D&amp;C 130:20-21</p>
 <p><b>Failure to meet planned targets.</b> "During each evolution, we set certain goals or targets to meet, such as speed of advance, way points, and soundings. When they are not met, we must question why and systematically begin to evaluate our situation."</p>	<p><b>How does chastity fit in the eternal picture?</b> See D&amp;C 14:7</p>
 <p><b>Unresolved discrepancies.</b> "When two or more pieces of information do not agree, we must continue to search for information until the discrepancy is resolved."</p>	<p><b>How do you tell between good and evil?</b> See Moroni 7:15-17</p>
 <p><b>Ambiguity.</b> "When information we need is confusing or unclear, we must clarify or to fill in the missing pieces before proceeding."</p>	<p><b>How do you avoid serving God and Satan?</b> Matthew 6:24</p>
 <p><b>Fixation or preoccupation.</b> "When someone fixates on one task or becomes preoccupied with work or personal matters, they lose the ability to detect other important information. Preoccupation with personal matters can often lead to subtle changes in performance."</p>	<p><b>How do you avoid being preoccupied with sex?</b> Mosiah 4:30</p>

### How to maintain situational awareness in spiritual things?

- Recognize when you deviate from standard procedures. (Am I obeying the commandments?)
- Monitor your performance. (Am I about to get into trouble? Am I doing good or bad? What direction am I going?)
- Identify potential or existing problems. (What are my weaknesses? Who am I with? What is my environment?)
- Communicate a course of action to follow as needed. (Do I have a plan to escape a wrong situation?)
- Demonstrate an ongoing awareness of your mission status. (Do I know where I am going? Am I headed in the right direction?)
- Continually assess and reassess your situation in relation to you mission goals. (What changes do I need to make, if my situation worsens?)

DEFCON (defense readiness condition) is an alert state used by the Armed Forces. It increases in severity from DEFCON 5 (least severe) to DEFCON 1 (most severe) to match varying military situations, with DEFCON 1 signaling the impending outbreak of nuclear warfare.

# CHASTITY DEFCON RED FLAGS

## 3 You may break the law of chastity if you are **ALONE** and...

• **HAVE NOT BEEN TAUGHT:** Chastity is sexual purity. That means no sexual relations before marriage and complete fidelity to your spouse during marriage. It means clean thoughts, words, and deeds (D&C 42:22-24).

• **DO NOT KNOW THE DOCTRINE:** You do not the “whys” behind the law of chastity. (See Alma 39:5 and “For the Strength of Youth.”)

• **DO NOT RESPECT THE POWER OF SEX:** You do not respect the sanctity of procreation and the sexual desires you were born with.

• **DO NOT BELIEVE:** You do not have a testimony of the law of chastity.

• **HAVE NOT DECIDED:** You have not decided whether or not you will obey this law after you have been taught.

• **HAVE NOT PREPARED:** Before the moment of decision comes, you have not decided how you will resist or escape overwhelming urges.

• **FANTASIZE:** You daydream about sex and do not control your thoughts (Mosiah 4:30).

• **LUST:** You “looketh on a woman to lust after her” forgetting you already “hath committed adultery with her...” (Matthew 5:28).

• **ACT ARROGANT AND CASUAL:** You “...are haughty, and walk with stretched-forth necks and wanton eyes....” (2 Nephi 13:16).

• **BECOME SELF-CENTERED:** You think only about yourself and what’s in it for you. You do not really care about other people. You only care about your own sexual gratification.

• **DO NOT WEAR ARMOR:** “...take upon you my whole armor, that ye may be able to withstand the evil day” (D&C 27:15).

• **DO NOT DO SPIRITUAL THINGS:** You do not pray for the power to resist temptation, read your scriptures, attend church, go to the temple, do your church calling, attend seminary/institute, wear your garments, etc.

• **THINK YOU ARE IMMUNE:** You feel that you will never be tempted to break the law of chastity. You feel unconditionally protected or exempt from immoral temptation because you are “active” in the church. You claim you will never yield to sin that it can’t happen to you.

• **STIMULATE YOURSELF:** You do things that inflame your sexual urges. You view pornography which is any visual material containing the description or display of sexual organs or activity, intended to stimulate erotic feelings. You masturbate (stimulate one’s own genitals for sexual pleasure).

## 2 You should panic if you are **with SOMEONE** and you...

• **HAVE NOT DECIDED (again):** When the moment of sexual temptation arrives, you have not decided beforehand how you will resist or escape. You are unprepared for the moment.

• **ASSOCIATE WITH UNHOLY PEOPLE:** You associate with other who do not have high chastity standards or have not been taught. Or, you connect with the unholy people on social media.

• **DATE PREMATURELY:** You start dating before age 16.

• **DATE ALONE:** You go on a date with only one other person.

• **FLIRT:** You sexually tease the opposite sex; you toy with sexual advances by joking about sex or seeing how far a person will go.

• **TEXT OR CALL:** You send lewd photos or notes to others.

• **HOLD HANDS:** This takes the relationship to a new level.

• **KISS:** This can take your feelings into the aroused zone. See the next column.

• **GO STEADY:** You date only one person before your mission or before you seriously plan on getting married soon.

• **DO NOT PLAN WHOLESOME ACTIVITIES:** You do not date. You just “hang out.” You do not plan constructive activities. This may lead to boredom which may lead to immorality.

• **SET NO CURFEW:** You do not return to the safety of your home at a predetermined hour.

• **BECOME FATIGUED:** Weariness impacts judgment. You disregard the fact that “fatigue makes cowards of us all” (Vince Lombardi and George S. Patton).

• **ACT AGGRESSIVELY:** You are forward and morally loose.

• **DRESS IMMODESTLY:** You dress to show off your body or sexually excite. The way you dress is a direct reflection of what you’re thinking and who you are inside. See “For the Strength of Youth.”

• **SPEND TIME IN THE DARK:** Darkness chases away Light.

• **REMOVE YOUR BRIDLE:** You do not regulate yourself. “...see that ye bridle all your passions....” (Alma 38:12). You do not limit the level or intensity of your feelings. You refuse to keep your feelings in check.

## 1 You should freak out if you are **sexually AROUSED** and you...

• **HAVE NOT DECIDED (again!):** When your passions are ignited, in the heat of the moment, you have not decided beforehand what to do.

• **ARE ALONE:** You allow yourself to be alone with the opposite sex in an empty home, car or any private place.

• **HAVE NOT SET BOUNDARIES:** You and your partner have no lines of demarcation. Or that boundary line is “written in the sand” and moves as your passions intensify.

• **SUCCUMB TO PEER PRESSURE:** You are persuaded, influenced, or intimidated into being unchaste. You do whatever your partner wants.

• **STIMULATE EACH OTHER:** You do things together that stir up titillating feelings. You watch sexy movies, listen to provocative songs, view erotic websites, read salacious books or magazines, visit unholy and dark places, etc.

• **BECOME MORE AROUSED:** You let yourself become sexually excited with someone who is not your spouse.

• **LET DOWN DEFENSES:** You have taken off your armor and have removed defenses.

• **LUST:** You desire another person’s body for sex. Your biological urge runs unchecked and grows.

• **KISS PASSIONATELY:** You French kiss (a kiss with contact between tongues) or kiss for long periods.

• **NECK:** You kiss and caress amorously. Necking is showing, feeling, or relating to sexual desire.

• **TOUCH:** You get physical or touch. You rub, hug, pat buttocks, lie under a blanket, etc.

• **PET:** You engage in sexually stimulating stroking, rubbing and touching sacred body parts— with or without clothing.

• **LIE DOWN:** You spoon, lie by or on each other.

• **UNDRESS:** You or your partner remove part or all.

• **DO NOT FLEE IN THE MOMENT:** Joseph “...left his garment in her hand, and fled, and got him out” (Genesis 39:12).

• **DO NOT THINK YOU CAN STOP.** You believe it’s too late to stop. You do not or will not stop your immoral acts (1 Corinthians 10:13).



