

ABSTINENCE

Abstinence is a decision to wait to have sex until marriage. Did you know that?

- 23% of girls get pregnant per year in Uganda
- High drop out rate due to crisis pregnancy
- Abortion is high among teenagers and young adults
- Teenage parenting is not easy
- Early marriages are on the increase in Uganda
- HIV and STD infections is so high

With all this in mind we decided to abstain in order to:

- Honor God with our bodies
- Not to sin against God
- Honor our parents
- Complete our studies
- Don't want to be infected with HIV and STD'S
- Have self-worth and value
- We have high self-esteem and confidence in what we decided
- Have a healthy loving relationship with Jesus Christ
- To have a better and bright future

Note

- On your own you don't have the power to abstain. We need the power of God through the Holy Spirit that He will give you self-control
- You also need to make commit your life to the lord (Get saved)
- Remember every choice that you make has consequences and they will haunt you or bring you blessings
- Honor your body, it is the temple of the Holy Spirit

You should not be driven with the idea that everyone is doing it. It is what has put so many youth in trouble and pain. You have to be different, in every way. Abstinence is a personal choice and its good results are a guarantee.

May Jesus Christ strengthen you as you abstain till marriage.

"Do you not know that your body is the temple of the Holy Spirit who is in you, whom you have received from God? You are not your own; you were bought at a price. Therefore honor God with your body". 1 Corinthians 6:19-20.

Dear Lord forgive me for using my body wrongly, I pray that your blood will wash me and make me clean. I pray that today onwards by the power of the Holy Spirit I will use my body for your glory. That it will be clean and pure. Amen