

## Abstinence And A Better Life

Fornication is condemned in no uncertain terms in the Bible. The term "fornication" in the New Testament means, among other definitions, sexual contact between two people who are not married. Hebrews 13:4 says, "*Marriage is honourable in all, and the bed undefiled: but whoremongers and adulterers God will judge.*" Fornication is a sin (1 Corinthians 5:1; 6:9-10, 13, 18; Galatians 5:19). Those who commit this sin will be punished by God.

Now it should be enough that God condemns fornication, but we need to consider another angle. A National Longitudinal Study of Adolescent Health found that adolescents who decide to be abstinent have substantially lower levels of sexual activity and better life outcomes when compared with similar adolescents who do are not abstinent. Specifically, adolescents who pledge to be abstinent are less likely to experience teen pregnancy, are less likely to be sexually active while in high school and as young adults, are less likely to give birth as teens or young adults, are less likely to give birth out of wedlock, are less likely to engage in risky unprotected sex and will have fewer sexual partners. In addition, abstinence is not associated with any long-term negative outcomes.

Proverbs 13:15 says, "*Good understanding giveth favour: but the way of transgressors is hard.*" Those who chose to violate God's commandments by committing fornication will be condemned. But those who fornicate also open themselves up to a much sadder existence as well. Keep yourself pure until you marry.

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