



Excerpt from ***Christ Our Pascha***

**Lust and its Opposite Virtue - Wholeness of Being**

The sexual impulse is natural for human being. The essence of the passion of lust why is in the *unrestrained* and *disordered quest for bodily gratification*, when a person is driven by self-love and the desire to please oneself, often at the expense of one's own dignity and the dignity of another person. Lust leads to a variety of sins: prenatal sexual relations (fornication) and extramarital sexual relations (adultery), sexual slavery, and the commodification of the person. This passion is dangerous not only for the body but also for the soul, because it enslaves a person and destroys the ability to love. The spiritual Fathers consequently stress the necessity of constantly struggling against this passion. (#761)

A human being achieves chastity in the sexual life through the virtue of wholeness of being. This virtue orders the sexual impulse through love of neighbor and self. Chastity allows a person to control one's sexual impulse and restores the harmony of body, soul, and spirit. (#763)