

practicing celibacy in a relationship

****Practicing Celibacy in a Relationship: Embracing Connection Beyond Physical Intimacy****

Practicing celibacy in a relationship is a topic that often sparks curiosity, confusion, and sometimes even judgment. Yet, it's a choice that many couples and individuals explore for various reasons—be it personal growth, spiritual beliefs, healing from past experiences, or simply to deepen emotional intimacy. Far from being a limitation, celibacy within a romantic relationship can open doors to new forms of connection, understanding, and self-awareness that are often overlooked in our fast-paced, physically driven culture.

In this article, we'll delve into the nuances of practicing celibacy in a relationship, explore its benefits and challenges, and offer practical tips for couples who decide to walk this path together. Whether you're curious about celibacy as a temporary phase or as a long-term lifestyle choice, understanding its dynamics can enrich your relationship in unexpected ways.

What Does Practicing Celibacy in a Relationship Really Mean?

Celibacy is commonly understood as the abstention from sexual activity. However, when it comes to relationships, it's not merely about avoiding sex. It's about intentionally stepping back from physical intimacy to focus on emotional, intellectual, and spiritual bonds. Couples practicing celibacy might choose this for a season or as a longer-term commitment, depending on their individual or shared goals.

Distinguishing Celibacy from Abstinence

While celibacy and abstinence are often used interchangeably, there's a subtle difference. Abstinence typically refers to refraining from sexual activity for a specific period, often for health, personal, or situational reasons. Celibacy, on the other hand, can imply a more deliberate, sometimes lifelong, commitment to sexual abstention, often with spiritual or philosophical motivations.

Why Couples Choose Celibacy

There are myriad reasons couples might decide to practice celibacy together:

- **Spiritual growth:** Many spiritual traditions encourage celibacy as a way to channel energy toward personal enlightenment.
- **Healing and recovery:** After trauma, infidelity, or emotional wounds, couples may pause sexual activity to rebuild trust and emotional safety.
- **Deepening emotional intimacy:** Without the distraction or pressure of physical intimacy, couples can focus on communication, understanding, and shared experiences.
- **Personal development:** Some individuals or couples take breaks to focus on self-discovery or other life goals.
- **Health reasons:** Physical health challenges or medical advice might necessitate temporary celibacy.

The Emotional Landscape of Practicing Celibacy in a Relationship

Choosing celibacy in a romantic partnership isn't always easy. It requires honest communication and emotional maturity to navigate the changes it brings.

Building Emotional Intimacy

When physical intimacy is consciously set aside, couples have the opportunity to nurture emotional closeness in ways that might otherwise be overlooked. This can include:

- Sharing fears, dreams, and vulnerabilities.
- Engaging in activities that promote bonding, like traveling, cooking, or creative projects.
- Practicing active listening and empathy to deepen understanding.

Challenges and Misconceptions

It's natural for couples to face doubts or external pressures when practicing celibacy. Common challenges include:

- **Societal expectations:** Many cultures equate healthy relationships with sexual activity, so couples may feel misunderstood.
- **Personal doubts:** One or both partners might struggle with feelings of frustration or question the decision.
- **Communication gaps:** Without open dialogue, celibacy can create distance or misunderstandings about commitment levels.

Addressing these challenges openly can prevent resentment and strengthen the relationship.

Tips for Successfully Practicing Celibacy in Your Relationship

If you and your partner are considering or already practicing celibacy, here are some practical suggestions to make the experience rewarding:

1. Open and Honest Communication

Transparency about your feelings, boundaries, and expectations is crucial. Regular check-ins help ensure both partners feel heard and supported.

2. Define the Purpose and Duration

Clarify why you're choosing celibacy and whether it's temporary or indefinite. This shared understanding helps prevent confusion and aligns your goals.

3. Explore Non-Physical Forms of Affection

Holding hands, cuddling, kissing, and verbal affirmations can maintain intimacy without crossing physical boundaries set by celibacy.

4. Practice Patience and Compassion

Recognize that this is a journey with ups and downs. Being kind to yourself and your partner fosters resilience.

5. Seek Support if Needed

Whether through counseling, support groups, or trusted friends, getting external perspectives can be invaluable in navigating challenges.

How Practicing Celibacy Can Transform Your Relationship

While celibacy might seem like a sacrifice at first glance, many couples find it to be a transformative experience.

Reevaluating Relationship Dynamics

Without relying on physical intimacy as a primary connection, couples often discover new dimensions of their partnership. This reevaluation can lead to a more balanced and holistic understanding of love.

Enhancing Communication Skills

With physical expressions on pause, verbal and emotional communication take center stage. Couples learn to articulate needs, desires, and concerns more clearly.

Strengthening Individual Growth

Celibacy provides space for personal reflection and self-care, allowing each partner to bring more authenticity and presence to the relationship.

Reducing Pressure and Expectations

Removing the sexual component temporarily can alleviate performance anxiety or pressure, creating a more relaxed and supportive environment.

Addressing Common Myths About Celibacy in Relationships

There are a few misconceptions that often cloud the understanding of celibacy in romantic contexts:

- **Celibacy means no love or passion:** Emotional and intellectual intimacy can be deeply passionate and fulfilling.
- **Celibacy is a punishment or sign of problems:** Often, it's a proactive choice for growth or healing, not a consequence of issues.
- **Celibacy harms the relationship:** When mutually agreed upon and managed well, it can actually strengthen bonds.
- **Only religious people practice celibacy:** Many secular individuals and couples choose celibacy for diverse reasons unrelated to faith.

Integrating Celibacy With Long-Term Relationship Goals

For couples who practice celibacy as part of their relationship journey, it's important to consider how it fits into broader life plans.

- ****Reassessing intimacy goals:**** Celibacy can be a phase that leads to renewed sexual connection with deeper understanding.
- ****Aligning with family planning:**** Some couples use celibacy to delay sexual activity while focusing on other milestones.
- ****Supporting mutual values:**** Celibacy might align with shared spiritual or ethical beliefs, reinforcing relationship foundations.

Ultimately, the key is flexibility and mutual respect as your relationship evolves.

Practicing celibacy in a relationship isn't about deprivation but about choice—an intentional pause or lifestyle that invites couples to explore love beyond the physical. Whether as a temporary experiment or a longer path, it challenges conventional norms and offers a unique opportunity to deepen connection, communication, and self-awareness. If you're considering this path, approach it with openness, curiosity, and compassion for both yourself and your partner.

Frequently Asked Questions

What does practicing celibacy in a relationship mean?

Practicing celibacy in a relationship means choosing to abstain from sexual activity with your partner, often for personal, spiritual, or health reasons, while maintaining the relationship.

Can celibacy improve emotional intimacy in a relationship?

Yes, celibacy can encourage couples to focus on emotional connection, communication, and other forms of intimacy, potentially strengthening their bond beyond physical aspects.

How can couples successfully navigate celibacy together?

Successful navigation involves open communication, mutual agreement on boundaries, understanding each other's needs, and supporting one another throughout the process.

Is celibacy in a relationship the same as

abstinence?

Not necessarily. Abstinence often refers to refraining from sexual activity temporarily, while celibacy can be a longer-term or lifelong commitment within or outside of a relationship.

What are common reasons couples choose to practice celibacy?

Couples may choose celibacy for spiritual growth, healing after trauma, focusing on personal goals, health reasons, or to strengthen non-sexual aspects of their relationship.

How can practicing celibacy affect a couple's overall satisfaction?

While it varies, some couples report increased satisfaction due to enhanced communication and emotional closeness, whereas others may face challenges if physical needs are unmet, making mutual understanding crucial.

Additional Resources

Practicing Celibacy in a Relationship: An Analytical Perspective

Practicing celibacy in a relationship is a topic that draws varied reactions and interpretations, often influenced by cultural, religious, and personal beliefs. Traditionally, celibacy has been associated with abstaining from sexual activity, either temporarily or indefinitely. However, when placed within the context of a romantic partnership, celibacy takes on nuanced implications that merit a comprehensive examination. This article delves into the dynamics of practicing celibacy in a relationship, exploring its motivations, challenges, and potential impacts on intimacy and emotional well-being.

Understanding Celibacy Within Romantic Partnerships

Celibacy, in its most straightforward definition, involves refraining from sexual intercourse and sometimes other forms of physical intimacy. While many associate celibacy with religious vows or personal discipline, couples may choose to practice celibacy for a variety of reasons, ranging from health concerns and emotional healing to spiritual growth or mutual agreement.

The decision to practice celibacy in a relationship is not always permanent. Some couples adopt a temporary celibate phase, often after experiencing

trauma, during transitional life stages, or as a conscious choice to deepen emotional bonds without physical intimacy. Others opt for long-term celibacy influenced by asexual orientations or shared values.

Motivations Behind Choosing Celibacy in Relationships

There are multifaceted reasons why couples might elect to practice celibacy:

- **Religious or Spiritual Beliefs:** Many faiths encourage or require celibacy for spiritual purification or commitment, influencing couples to adopt this lifestyle.
- **Health and Medical Reasons:** Conditions such as recovery from surgery, chronic illnesses, or sexually transmitted infections can necessitate abstinence.
- **Emotional or Psychological Healing:** After experiences like infidelity or trauma, couples might find celibacy a helpful phase for rebuilding trust and emotional security.
- **Personal Growth and Self-Discovery:** Some partners choose celibacy to focus on individual development or to realign relationship priorities.
- **Asexuality and Sexual Orientation:** For asexual individuals or couples, celibacy might be a natural expression of their orientation without compromising intimacy.

Understanding these motivations is crucial for appreciating the complexity and legitimacy of celibacy as a relationship choice, rather than perceiving it as deprivation or dysfunction.

Impact on Emotional and Physical Intimacy

Exploring the implications of practicing celibacy in a relationship reveals a delicate balance between physical abstinence and emotional connection. While sexual activity is often regarded as a central component of romantic intimacy, couples practicing celibacy must navigate alternative ways to sustain closeness.

Emotional Bonding Without Sexual Activity

When celibacy is consensual and mutually embraced, it can foster deeper emotional intimacy. Partners may engage in more meaningful conversations, shared hobbies, and affectionate gestures such as hugging and holding hands. This emotional investment can sometimes surpass the satisfaction derived from physical intimacy alone.

Nevertheless, the absence of sexual activity can also introduce challenges. Studies suggest that sexual intimacy plays a role in hormone regulation—such as oxytocin release—which promotes bonding. Couples practicing celibacy might need to find alternative methods to stimulate these bonding mechanisms.

Potential Challenges and Conflicts

While celibacy can be empowering for some, it may also lead to misunderstandings or dissatisfaction if not clearly communicated or voluntarily accepted by both partners. Differences in sexual desire or unmet expectations might cause frustration, emotional distance, or even relationship strain.

Open communication becomes essential in these scenarios, allowing partners to express needs, negotiate boundaries, and reassess their commitment to celibacy. Without transparency and mutual consent, practicing celibacy can inadvertently foster resentment or feelings of rejection.

Psychological and Social Considerations

Practicing celibacy in a relationship does not exist in isolation; external societal attitudes and internal psychological factors significantly influence the experience.

Stigma and Societal Perceptions

In many cultures, sexual activity is closely linked to notions of relationship success and personal happiness. Therefore, couples who choose celibacy may confront social stigma, skepticism, or unsolicited advice questioning their relationship viability. This external pressure can impact self-esteem and relationship satisfaction.

Moreover, media and popular culture often emphasize sexual chemistry, potentially marginalizing alternative expressions of intimacy. Recognizing and navigating these societal narratives is important for couples embracing celibacy.

Mental Health and Well-being

From a psychological standpoint, the reasons behind choosing celibacy can influence mental health outcomes. For example, couples who voluntarily practice celibacy as a shared value often report enhanced feelings of control and fulfillment. Conversely, celibacy imposed due to external circumstances, such as illness or coercion, may heighten stress or feelings of isolation.

Therapeutic support or relationship counseling can be beneficial in addressing any emotional difficulties arising from celibacy, ensuring that partners maintain healthy communication and emotional resilience.

Comparing Celibacy with Other Forms of Sexual Abstinence

It's important to distinguish celibacy from other types of sexual abstinence, such as chastity or sobriety from sexual activity for specific periods.

- **Celibacy:** Generally implies a long-term or lifelong choice to abstain from sexual activity, often with a broader spiritual or personal significance.
- **Abstinence:** May be temporary and is often situational, such as avoiding sex during pregnancy or illness.
- **Chastity:** Sometimes refers to sexual purity in line with moral or religious codes but can include sexual activity within specific confines (e.g., marriage).

Understanding these distinctions helps clarify the specific dynamics and expectations involved when couples decide to practice celibacy in their relationship.

Practical Strategies for Couples Practicing Celibacy

For couples who choose celibacy, certain strategies can facilitate a harmonious and fulfilling partnership:

1. **Establish Clear Communication:** Regularly discuss feelings, expectations, and boundaries to ensure mutual understanding.

2. **Prioritize Emotional Intimacy:** Engage in activities that promote connection without sexual involvement, such as shared hobbies or quality time.
3. **Seek Professional Guidance:** Relationship counseling can provide tools for navigating challenges related to celibacy.
4. **Build a Supportive Network:** Connect with communities or support groups that respect and understand celibate lifestyles.
5. **Respect Individual Differences:** Recognize and honor each partner's needs and comfort levels to maintain relationship balance.

Implementing these practices can help mitigate potential difficulties and enrich the experience of celibacy within a romantic relationship.

The Role of Celibacy in Modern Relationships

In contemporary society, where diverse relationship models flourish, practicing celibacy in a relationship is gaining attention beyond traditional frameworks. With increasing awareness of sexual orientations, mental health, and personal autonomy, celibacy is being reconsidered as a valid relational choice rather than an anomaly.

Research indicates that couples who consciously integrate celibacy can achieve high levels of satisfaction when their decision aligns with shared values and open communication. This suggests that celibacy, when practiced intentionally and consensually, can coexist with healthy relationship dynamics, challenging conventional norms that equate sexual activity with relationship success.

The exploration of practicing celibacy in a relationship reveals it as a multifaceted and deeply personal choice. Navigating this path requires emotional maturity, communication, and mutual respect, highlighting that intimacy extends far beyond physical expression. As societal perspectives evolve, celibacy may increasingly be recognized as one of many ways couples cultivate meaningful and enduring bonds.

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practicing celibacy in a relationship: The Complete Yoga of Emotional-Sexual Life
Avatar Adi Da Samraj, 2008-10-16 The core practices of the emotionally and sexually balanced

teachings on love, intimacy, and sexual relationships from the Realized Master Avatar Adi Da Samraj

- Teaches how to overcome the emotional patterning that hinders healthy sexual relationships
- Presents a solitary yogic discipline to restore the bipolar integrity of the individual
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In all the domains of human life, we now understand the need for an integration of body, mind, and spirit. But despite this comprehension of the holistic nature of existence, much of the teaching offered on sexuality--even sacred sexuality--concentrates on the physical practice, to the detriment of emotional intimacy. Avatar Adi Da Samraj explains that our emotional-sexual life can only be made right through the process of restoring the bipolar balance of the body, and by transcending the ego, the illusory sense of separate existence. He advocates that sexual practice initially become a solitary yogic discipline--an embracing and reclaiming of one's own body--to restore the bipolar integrity that is at the core of every human being. Once this bipolar integrity is established, he shows how a sexual practice of true intimacy--free of clinging attachment--is possible. He also teaches that an unconscious, early childhood reaction to the mother and father governs the emotional-sexual life, a reaction that must be understood and transcended. The emotional-sexual practices taught by Avatar Adi Da are centered in the understanding that love breaks the heart and show that learning how to have intimacy without ego-based attachment is where profound practice begins.

practicing celibacy in a relationship: Deliverance to a Fresh Spirit: 12-Step Guide for Ending Toxic Relationships and Overcoming Their Effects Conte Morgan Terrell, 2004-05-28

Deliverance to a Fresh Spirit is a must read book for women who are tired of toxic relationships. Every woman wants to have a healthy relationship. This biblically-based guide can help you learn how to have just that. Using six real life stories of women who have overcome their toxic relationships, personal emotionally development exercises and examples from their own struggles, Christian Counselor / Therapist Conte Terrell helps women whether married or single understand and change the way they love to get the love they want. She has taken a truly gutsy, courageous approach to help others. You are someone you know needs this book. This Powerful Book will help you :

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- * Free yourself from destructive loving
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- * Recognize Mr. Wrong
- * Spot signs of abusive personalities
- * Increase your faith and trust God for a new life Be Delivered!

practicing celibacy in a relationship: Ebony , 2004-01 EBONY is the flagship magazine of Johnson Publishing. Founded in 1945 by John H. Johnson, it still maintains the highest global circulation of any African American-focused magazine.

practicing celibacy in a relationship: Passionate and Pious Monique Moultrie, 2017-12-11

In *Passionate and Pious* Monique Moultrie explores the impact of faith-based sexual ministries on black women's sexual agency to trace how these women navigate sexuality, religious authority, and their spiritual walk with God. Providing churchwomen a space to candidly discuss these issues, these popular ministries exist largely beyond the traditional church, with dialogues about sex taking place in chat rooms and through text messages, social media, email, and other media. Moultrie foregrounds televangelist Juanita Bynum's construction of the black Christian sexual identity these ministries promote while emphasizing how churchwomen reconcile these prescriptive identities with their individual experiences. What does it mean for senior women to exercise sexual agency when their church standing could be questioned? What does celibacy mean for women who experience same-sex desire while believing that such desire goes against God's will? Advancing a womanist sexual ethics, Moultrie reframes biblical interpretations and conceptions of what constitutes a healthy relationship to provide a basis for sexual decision making that does not privilege monogamy or deny female pleasure, thereby calling on black churchwomen to experience responsible and life-enhancing sex.

practicing celibacy in a relationship: The Mindful Peace Harsh Chheda, 2023-02-02

Break free from the chaos and discover the art of living! This book is a transformative guide for anyone seeking to move beyond mere existence and embrace a life of purpose, joy, and fulfillment. Through

a series of insightful and practical steps, you'll learn to cultivate mindfulness, focus, and self-awareness, unlocking your full potential and empowering you to live your best life. With its clear and concise language, relatable examples, and logical reasoning, this book is an indispensable resource for anyone looking to thrive in today's fast-paced world. Whether you're a teenager seeking to navigate the challenges of growing up or simply looking to reignite your passion for life, this book is the perfect companion on your journey to living a life that truly matters.

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practicing celibacy in a relationship: *The Makings of a Project Queen* Denisha "Coco" Blossom, 2023-05-05 "The broken pieces of a Black woman. Shattered by the neglect of a Black man. It's too much pressure to save her. So, he turns his head. Acting as if he don't see her pain, While all she needed was his hand." In her debut poetic memoir, "The Makings of a Project Queen," Blossom relives a path of self-discovery, empowerment, and healing as she shines a light on key issues impacting inner-city Black girls today. She uses a collection of poems and short behind-the-scenes stories to take others on an inspirational journey of a hood scholar who forged her own path as a community-based educator and scholar-activist. Through the book, she emerges as a Project Queen. Growing up in South Sacramento, Denisha "Coco" Blossom had to navigate gang territories, drugs, poverty, hustle, and power plays. She survived immense heartbreak, broken relationships, body shaming, and hopelessness. At a young age, she internalized the notion that, as an impoverished fat Black girl, her choices in life were limited. Despite these adversities, through engagement with poetry, education, street literacy, and faith, she exceeded all of the low expectations - especially those that came from her teachers. Instead of succumbing to her circumstances, she grew into a Queen. She lifted her head, reclaimed her crown, and became the author of her own life. The makings of a Project Queen is a powerful story that will encourage women and girls everywhere to fix their crown, walk-in their queendom, and embark on their own journey to self-discovery and fulfilling their greatest life purpose.

practicing celibacy in a relationship: *Me Versus Me* Milola Charles, 2022-02-01 As a young girl, going to church was the norm for my siblings and me. As I began to get older, I realized that going to church was no longer just enough because I realized that they were some deep-rooted issues I was struggling with that weren't properly addressed in the church, if at all. With no one to talk to and no resources available at the time, I struggled in silence The church needs to return to the place that recognizes the importance of being a hospital to those who are spiritually sick, not a place of judgment. It should be a place where people can bring their internal struggles and conflicts to receive healing. There are too many young Christian youths who are battling with obstacles--such as lust, masturbation, greed, loneliness, and so much more--with no platform to which they feel safe to turn to. There are also too many Christian parents who have unintentionally created blinders in their children's lives that they don't realize some of the things that their kids are struggling with. This book is not for the faint at heart. For those who are too spiritual, be warned! It's biblical. It's the raw and the uncut truth of what your Christian teen or adult goes through. Proverbs 28:13 states, You will not succeed in life if you try to hide your sins. Confess them and give them up; then God will show mercy to you. In order to be free from anything, you must first acknowledge and then confess your secret. If you are trying to strengthen your relationship with God but you are still struggling with your trashy, fleshly desire to commit sin, then this book, *Me Versus Me: The Struggle to Be Your Better Self*, is for you.

practicing celibacy in a relationship: *Lead Us Not Into Temptation* Jason Berry, 2000 While seminaries, by many accounts, admit an increasing number of homosexuals, women are strictly barred from ministerial roles. The church's time-honored tradition of avoiding scandal also backfires. For by the shielding of fallen clerics, Berry shows, the suffering of the abused is often compounded.

practicing celibacy in a relationship: *Light on Relationships* Hart Defouw, Robert E.

Svoboda, 2025-09-12 The sages of ancient India developed the astrological practice of Jyotisha as a karmameasuring apparatus to indicate where your karmas will permit ideals to be shared between you and those with whom you relate. Jyotisha can help restructure relationship dynamics by providing perspectives on when and how your relationships and their difficulties are likely to arise and dissipate. Light on Relationships is currently the only book that makes relationship analysis accessible to the modern student of Indian astrology. If you want to learn how to use this system for chart comparison, this book gives you the complete details. The authors cover the techniques of synastry and explore all the facets of what makes a relationship work or not including personal karma and goals, family influences, the Ayurvedic constitution or dosha of each individual, and how these elements are revealed. In an entertaining and informative way, the authors explain how the individual chart will reveal your inborn ability to relate. They explain the traditional ten Porutthams, which evaluate a couple's sukha (external and internal happiness), and explore superstitious concepts, such as Vishna Kanya (literally, poison maiden), or Kuja Dosha (The Blemish of Mars). Included are details on determining the most auspicious times for a wedding. This approach to synastry has been developed over years of experimentation. The authors blend the principles of synastry with other techniques culled from Jyotisha's classical canon. Some of the less conventional techniques presented come from ancient oral traditions never before incorporated into the classical works. Other methods come from the authors' mentors; and some have been developed from processes validated over many years of their experience. The authors build on some of the best principles of the astrological traditions of both West and East, hoping to bring the two camps closer together.

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practicing celibacy in a relationship: A Brief History of the Relationship Between Confucianism, Daoism, and Buddhism Zhongjian Mou, 2023-01-01 Chinese traditions of Confucianism, Daoism, and Buddhism have a profoundly philosophical dimension. The three traditions are frequently referred to as three paths of moral teachings. In this book, Mou provides a clear account of the textual corpus that emerges to define each of these traditions and how this canonical axis was augmented by a continuing commentarial tradition as each generation reauthorized the written core for their own time and place. In his careful exegesis, Mou lays out the differences between the more religious reading of these traditions with their defining practices that punctuate the human journey through life, and the more intellectual and philosophical treatment of the texts that has and continues to produce a first-order culture of annotation that become integral to the traditions themselves. At the center of the alternative religious experience reflected throughout the teachings of Confucianism, Daoism, and Buddhism is the project of personal cultivation as it comes to be expressed as robust growth in family and communal relations. For Mou, these three highly distinctive and yet complementary ways of thinking and living constitute a kind of moral ecology, wherein each of them complements the others as they stand in service to a different dimension of the human need for an educated spirituality.

practicing celibacy in a relationship: The Right To Choose Meeka Six, 2024-11-17 The Right to Choose explores the complex issue of abortion from a Biblical perspective, examining the moral, spiritual, and biological dimensions of life's sanctity. Rooted in the belief that all life originates from GOD and is divinely purposed, the book challenges the notion of personal autonomy in decisions of life and death, arguing that human life, beginning with the man's seed, belongs ultimately to the CREATOR. It delves into biblical teachings on life, the responsibilities of parenthood, the moral implications of rejecting life, and provides alternatives to abortion that align with faith and morality,

such as adoption and celibacy. Through scriptural insights and an exploration of the divine order of GOD, *The Right to Choose* calls for a renewed reverence for life and urges readers to see choice as an opportunity to honor the design and commandments of GOD.

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practicing celibacy in a relationship: *Pray While You're Prey* Toni L. Wortherly, 2004 Where do I begin with this review? I think I should take my sisters advice and repeat what she often tells me: If I cant say amen, just say ouch. Keeping that in mind, Im over here saying ouch because author Toni L. Wortherly is on my toe stomping pretty hard with this petite but powerful book. As a single Christian woman combating some of the issues of loneliness and frustration associated with living a single life, this book speaks volumes to me. There is nothing like reading what youre going through to let the reader know they are not alone on this journey. As Ive pledged my life to following the tenants of my faith, its good to have confirmation, in the form of a book, which I can reference from time to time. Ill admit that Im not crazy about the title; I dont like to be referred to as prey or as the hunted. The Word of God says: He that finds a wife, finds a good thing so a loose translation would mean that I am prey. I would hope that my mate wouldnt refer to me in this manner. The translation would also imply that Im weak or defenseless; I feel that Im a strong vessel, who patiently awaits capture. *Pray While Youre Prey* is a great read for single women. Those of us who have the desire to be spiritually grounded in all that we do, can draw strength from the scripture, interpretation and study questions found at the end of each chapter. This is a book to share with your entire cadre of single sister friends as we journey down the path to closeness with God and the quest to be a virtuous woman and wife.

practicing celibacy in a relationship: *Practicing the Monastic Disciplines* Sam Hamstra Jr., Samuel Cocar, 2021-07-12 In *Practicing the Monastic Disciplines*, authors Sam Hamstra Jr. and Samuel Cocar recover the wisdom of the Christian desert and make it more available and accessible to modern Christians, especially those in the evangelical circle they inhabit. Believing that moderns like themselves often flail in their Christian lives, the authors discover in the desert Christians of late antiquity a clear map for growing in Christlikeness, as well as an effective set of tools (or weapons) for combating temptation. This set of insights sees its completion in the spiritual theology of Evagrius Ponticus, a monastic theologian who expertly assessed the maladies and corresponding

remedies of Christian discipleship. Evagrius and his comrades offer modern Christians a coherent framework for spiritual formation and growth, one which treats seriously both the frailties of human nature and the potential for sanctification. This strand of patristic spirituality guides us toward glorifying God through both training our bodies and ordering our interior lives.

practicing celibacy in a relationship: Mindfulness in Sexual and Relationship Therapy

Lori Brotto, Meg Barker, 2015-09-07 Mindfulness represents the most significant shift in the world of counselling and psychotherapy within the last decade. Mindful approaches have been hailed as the 'third wave' of cognitive behavioural-therapy and mindfulness has been recommended – and found to be effective at treating – a wide variety of mental health issues. There has been a proliferation of popular self-help books based on mindfulness approaches, and much debate between western mindfulness practitioners and Buddhist scholars about the ways in which mindful theory and practice is being adapted for western audiences. To date, however, there has been relatively little research or writing considering the potentials of mindfulness for the arena of sexual and relationship therapy. This book aims to address this by bringing together many of the key practitioners and researchers who are working in this area. The book presents a range of perspectives on what mindful theory and practice has to offer to our understandings of, and work with, sex and relationships. This book was originally published as a special issue of Sexual and Relationship Therapy.

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