

**Write a brief prayer to God or note to your future spouse explaining your commitment.**

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# My Sexual Integrity Commitment

I commit to God, myself, and my family to a life of sexual integrity. I will strive to keep my body (*1 Cor. 6:20*) and my thoughts pure (*Romans 12:2*) as a sign of trust in God's perfect plan for my life.

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*My Signature*

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*Date of My Commitment*