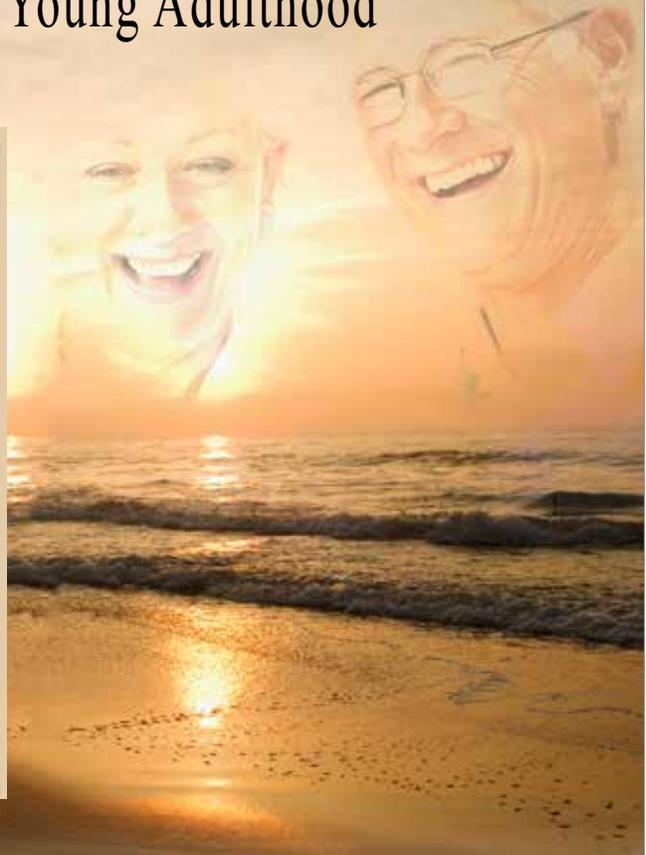
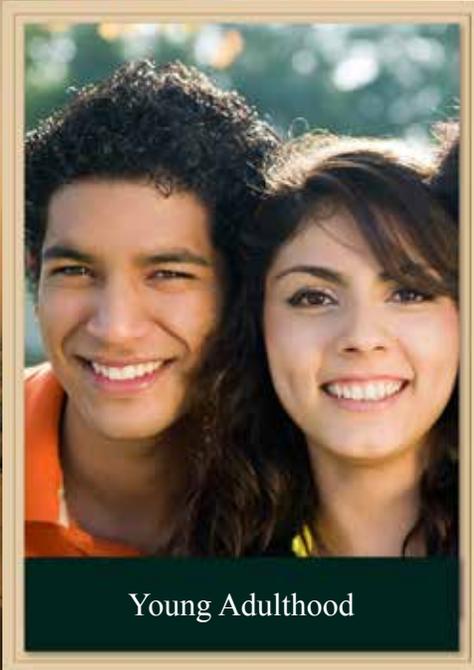


# The Life Cycle: Young Adulthood



The<sup>♂</sup>ology  
of the BO<sup>♀</sup>dy for families  
& single people  
plus Family Chastity Formation in Virtue & Purity of Heart

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Universal Truths about Human Sexuality for People of All Ages  
With extensive references to the official teachings of the Roman Catholic Church

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## Young Adulthood

### What the Church Says

**648** After the age of legal emancipation, parents can continue to form, encourage and guide their children in chastity, particularly until the moment they enter into the vocation of marriage or consecrated virginity. Young adults still need a parent's advice, assistance and eventual blessing of their choice of vocation.

**649** As young adults enter the workforce or the world of higher education, they will continue to encounter very different views on sexuality, marriage, and the family; and parents should keep up a good dialogue with their children so that they grow strong in the Catholic faith (Cf. TMHS, 109, 100).

**650** In the period of courtship and engagement, parental advice becomes particularly relevant in assisting young adults to define their expectations in choosing a lifelong spouse, and in helping them prepare for the sacrament of marriage. Parents should pray for and with their children so that they make good life choices. Also, parents should avoid adopting the widespread cultural mentality that girls require special assistance in remaining pure (virgin), while the same is not expected of boys (Cf. TMHS, 111).

### Wisdom of Parents

**651** The foundations of a successful education in love should be essentially complete by the time a young adult is ready to leave home and discover God's calling for his or her life. While strict obedience to their father and mother

is no longer demanded, young adults should be encouraged to honor their parents by receiving their advice, counsel and blessing when choosing a vocation in life. The wisdom and support of other faithful Catholics—priests, religious, teachers, married couples, family and friends—will help keep a young person on the right track towards adulthood. The Church still maintains that sacramental preparation for marriage is the primary duty of parents, but it also involves and concerns the larger family of the Church (which has a mission to evangelize and communicate Catholic teaching on marriage and family life to engaged couples, and to discern readiness and eligibility for the reception of the Sacrament of Holy Matrimony).

**652** If young adults have not already received a thorough education in the Church's teachings on life issues—such as the good of chastity, married couples using natural family planning instead of artificial contraception, the evil of premarital sex, homosexual acts, abortion, etc.—they should be directed to and given information from Catholic offices, apostolates, associations and publications that specialize in making these life issues known.

**653** This period—towards adulthood—in fact intersects with and begins again the life cycle of chastity formation which starts with the formation of particular friendships that can develop into courtship, engagement, marriage and the establishment of a family. The cycle then continues on to forming children through the stages of personality development in the first five years of life, in the age of innocence, and then puberty and adolescence.

**654** The continued formation of conscience of a young adult is critical to their moral integrity because they will encounter new forces opposing chastity as they enter the workforce or leave home to go to college. Without a strong moral compass, young adults can still be easily persuaded by philosophies and ideologies that undermine Church teaching and the faith. Encouraging them to associate with faithful Catholics in parishes, associations, communities, educational institutions, and in friendships will continue to provide support for good decision-making.

**655** Military recruiters and vocation's directors know that this age group has the capacity to respond to the challenges of total sacrificial love; to laying down one's life for one's friends, for a beloved, for God and for country. The inspirational example of Christ, who sacrificed Himself for His friends, remains forever the single most powerful ideal to which young adults can aspire. Therefore, in an eminently superior way and above all other means of formation, daily participation in the Sacrifice of the Mass is the best way that young adults can learn how to live a spirit of sacrifice and true love. Frequent confession and adoration of the Blessed Sacrament should also be practiced.

**656** Self-mastery in these first years outside the home will involve self-control of one's sense appetites, not just in the physical desires of sexuality but also in food, drink, entertainment, music, literature, and all that enters the mind, heart and body. The supernatural virtues of faith, hope and charity will influence a positive development of the human virtues of temperance, fortitude, prudence and justice. Prayer, fasting, abstinence and works of mercy help to develop the ability to love chastely.

Being in right order with God, the Church, and other people will help young adults grow in holiness so they can more clearly hear the call of God; not only for their life on earth, but also in anticipation of eternal life in heaven.

## Putting this Knowledge to Work

### **657 Parents as counselors or advisors.**

#### **You should:**

- Help your children discern their continuing education options.
- Provide advice on what material things they need to set up housekeeping.
- Provide financial advice and direction.
- Encourage your children to stay active in the Faith.
- Be available for dialogue.
- Help them discern their career options, especially in light of their God-given talents and abilities.
- Help them remain accountable for staying pure until marriage.
- When appropriate, bail them out of trouble (which inevitably comes no matter how good they may be). At other times, remember: they must learn from their mistakes by paying the consequences.
- Remind them of their duties and responsibilities toward family.
- Know when to let them resolve their own problems; let them be accountable.
- Give them space to be their own person; and if necessary, because of persistent insubordination, tell them in a charitable way that it's time for them to leave home.
- Counsel them about their choice of friends, especially if those friends are a bad influence.

- If their vocation is marriage, help them define what they should be looking for in a spouse.

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**Marriage: Qualities To Look For In A Good Husband.**

**658** Attributes of a man concerning love must include being:

- Caring towards you.
- Loving towards you as he loves himself.
- Humble.
- Thoughtful.
- Considerate.
- God-fearing.
- Supportive.
- Appreciative of you and of the good things that you do.

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**659** Virtuous attributes of a man must include being:

- Honest.
- Self-giving.
- Forgiving.
- Just (able to recognize and respect your rights now and later as wife and mother).
- Chaste.
- Modest in speech, dress, and thought.
- Forgiving and loving.
- Able to demonstrate self-respect (for example, not getting drunk, doing drugs,

abusing himself, taking care of his appearance, etc.).

- Masculine; not macho, barbaric, or wimpy.
- Able to assume responsibility for his role as provider and protector of his wife and family.
- Able to compromise when compromise is needed.
- Able to sacrifice his own desires for the common good of his relationship with you (his wife).
- Patient and kind.

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He must be prudent in:

- His finances and making financial decisions.
- His friendships with other men.
- His relationships with other women.
- Setting goals or planning for the future of his family.
- Making sound decisions using good judgment.
- Making time to be with you (this will also indicate whether he will make time to be with his family).

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Prudence leads to good - Proverbs 15:24: the path of life leads the prudent man upward, that he may avoid the nether world below.

**660 Duties and responsibilities of a man must include being able to :**

- Provide for you and your children's temporal needs.
- Provide protection for you and your family.
- Earn a living wage and provide financial security for your family.
- Provide a secure and healthy family environment for you and the children.
- Lead his family spiritually and temporally toward the goal of eternal life with God in heaven.
- Communicate openly and honestly with you.
- Lead his family by assuming his duties and responsibilities as a husband and father; as provider, protector, spiritual head of the family, leader of prayer, and as the primary educator of your children.

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**661 Duties toward you as his wife. A man's highest priorities include:**

- Loving you.
- Providing Christian leadership and headship.

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**662 Scripture about men**

- Gen* 3:17-19
- 1 Cor* 7:3-5
- 1 Cor* 8-9
- Col* 3:18-19
- Num* 30:4-17
- 1 Cor* 11:3
- Eph* 5:21-33
- Titus* 2:1-2

- 1 Pet* 3:7
- Prov* 5:17-19
- Prov* 19:21
- Eccl* 9:9
- 1 Thess* 4:3-5
- Ps* 128:1-4
- Prov* 18:22
- Prov* 19:23
- Luke* 14:26

**Marriage: Qualities To Look For In A Good Wife.**

**663 Attributes of a woman concerning love must include being:**

- Respectful to you.
- A person of faith.
- A helpmate to you.
- Nurturing and supportive (remember, behind every successful man is a supportive woman).
- Able to trust you and cultivate a life-long loving relationship.

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**664 Virtuous attributes of a woman must include being:**

- Able to compromise and support you in your duty and responsibility to be the leader of your family.
- Affectionate and caring.
- Chaste.
- Considerate and kind.
- Feminine and ladylike.
- Forgiving and loving.
- A good listener and interested in you.
- Humble.
- Modest in speech, dress, and thought.
- Obedient and mutually submissive.
- Patient.
- Self-giving.

- Able to demonstrate self-respect.
- Temperate (able to moderate her desire for pleasure).
- Thoughtful.

She must be prudent in:

- Her friendships with other women.
- Her relationships with other men.
- Her relationships with extended family members.
- Making sound decisions using good judgment.
- Making time to be with you and later with her family.
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**665 Duties and responsibilities of a woman must include:**

- Caring for herself physically, emotionally and spiritually.
- Being flexible.
- Being industrious.
- Being resourceful.
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Assuming her role of being a homemaker by:

- Creating a hospitable family environment.
- Keeping your home clean and orderly.
- Cooking regular meals for you and the family.

- Making your house feel like a home.
- Creating an emotional environment that is attractive and inviting so that you will want to be home.

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**667 Duties toward you as her husband. A woman's highest priorities include:**

- Showing you respect.
- Loving you.
- Honoring you as her head.
- Being faithful to you.
- Being obedient to you in her role as helpmate and friend. (*This does not give you license to become controlling or autocratic.*)

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**668 Scripture about women**

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|--|--|
| <input type="checkbox"/> Gen 3:16      | <input type="checkbox"/> Prov 12:4     |
| <input type="checkbox"/> Prov 31:10-31 | <input type="checkbox"/> 1 Cor 7:3-5   |
| <input type="checkbox"/> 1 Cor 7:39    | <input type="checkbox"/> Eph 5:22-33   |
| <input type="checkbox"/> Col 3:18-19   | <input type="checkbox"/> Titus 2:3-5   |
| <input type="checkbox"/> 1 Pet 3:1-6   | <input type="checkbox"/> Prov 5:17-19  |
| <input type="checkbox"/> Prov 12:4     | <input type="checkbox"/> Prov 19:13-14 |
| <input type="checkbox"/> Prov 21:19    | <input type="checkbox"/> 1 Cor 11:3    |

**Marriage: Attributes Of A Good Father** (includes all of the attributes of being a good husband).

**669 Essential attributes of a good father must include:**

- Setting a good example for his family.
- Being prayerful and leading by example.
- Being loving towards the mother.
- Being loving toward his children.
- Being open to new life in his conjugal relations with his wife.
- Providing authoritative spiritual leadership for his family (it is a father's duty to be the spiritual leader of his wife and children).
- Providing sound moral leadership with the help of his wife.
- Being a role model for his children.
- Being of sound and stable character.
- Being available to his children and family.
- Being a teacher of his children.
- Building up each child's self-esteem, confidence and character.
- Being his child's hero.
- Being encouraging and supportive to his wife and children.
- Having genuine concern for the welfare of his family.
- Being courageous.
- Being firm, fair and consistent in the use of discipline and punishment (an undisciplined or spoilt child is inclined toward a certain immaturity and moral weakness in future years because: chastity is difficult to maintain if a person develops selfish or disordered habits and cannot behave with proper concern and respect for others. [TMHS, 86]).
- Being fun and able to play with his children at their level.
- Taking time to cultivate an open and honest relationship with each child.
- Spending time with his sons and teaching them about their masculinity.
- Teaching his sons about manhood and fatherhood.
- Spending time with his daughters and showing them appropriate displays of love and affection.
- Teaching his daughters to be respectful of themselves and their femininity.
- Being just.
- Being merciful.
- Being patient with his children.
- Being sober.
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**670 Other helpful qualities (You decide)**

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**671 Scripture**

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|--------------------------------------|--|
| <input type="checkbox"/> Eph 6:4     | <input type="checkbox"/> Col 3:21      |
| <input type="checkbox"/> Col 3:23-24 | <input type="checkbox"/> Titus 2:6-8   |
| <input type="checkbox"/> Prov 15:22  | <input type="checkbox"/> Prov 19:15    |
| <input type="checkbox"/> Prov 19:18  | <input type="checkbox"/> Prov 29:15    |
| <input type="checkbox"/> Prov 29:17  | <input type="checkbox"/> Matt 10:37-40 |

**Marriage: Attributes Of A Good Mother** (includes all of the attributes of being a good wife).

**672 Essential attributes of a good mother must include:**

- Respect and love for the father.

Being obedient to the father and thus modelling obedience to the children by:

- Responding when asked to do something.
- Supporting her husband’s decisions in matters of discipline (She must be in accord with her husband. This accord must be established between the spouses before situations requiring discipline arise).
- Not undermining his authority as head of the family.
- Being prayerful.
- Being loving and nurturing toward her children.
- Being open to new life in her conjugal relations with her husband.
- Being caring and affectionate.
- Placing her family above her career.

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**Being a good role model for her children by:**

- Showing charity towards those who are in need.
- Being the kind of person her children would want to emulate.
- Being patient under duress.
- Being patient in educating her children.
- Teaching her children a good work ethic in their daily chores.

- Being available to work with her children on a variety of projects.
- Being able to recognize each child’s gifts and helping them to develop them.
- Using the family resources wisely, especially money.
- Being patient in working with her children.

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**Teaching her daughters:**

- How to be feminine.
- How to keep house and cook.
- About their sexuality.
- About womanhood and motherhood.

**Also by:**

- Allowing her sons to be boys and do boy things.
- Helping to build up each child’s self-esteem, confidence and character.
- Being dedicated to her family.
- Being available and willing to spend quality time with her children.
- Being merciful and forgiving.
- Being just.
- Being protective of her children.
- Being able to cook family meals.
- Being stable, sober and peaceful.
- Being fun and humorous.
- Being gentle.
- Being able to initiate and develop open and honest relationship with her children.
- Being a good communicator.

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**673 Vocation To Single Life**

Help your children discern the possibilities of a vocation to single life by:

- Helping them to see their vocation as a call from God.
- Considering careers in nursing or teaching, for example.
- Becoming a lay missionary.
- Joining Christian pro-life or evangelical apostolates.
- Taking care of elderly or infirm family members.
- Working as a nanny or a person who lives-in to care for children, do housework or teach.
- Being a home care worker.

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**674 Vocation To The Priesthood Or Religious Life**

- Parents should be aware of a child's inclination to the priesthood or religious life and provide encouragement and positive support.
- Encourage discussion between children and priests, and religious brothers and sisters, so they can gain a clearer understanding of the duties and demands of the priesthood or religious life.
- Get them involved in church activities like teaching religious education.
- Consider mission activities with religious communities.
- Where possible, have them volunteer to be altar servers.

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