

I, _____, commit myself to You God above all. I promise to love, honor and serve you throughout high school, college and adulthood. Show me how to honor Your virtues, especially Chastity. Keep me sexually pure until marriage. Help me to better understand You, myself, and others. Keep me honest. Help me to love You more and more through prayer, study, and worship.

Please protect my future spouse from all the dangers of the world, especially those that trap young people. Keep him or her free from evil influences, keep him or her away from porn, impurities, and other temptations of youth. Help me to remember to pray for him or her daily wherever I may be or wherever he or she may be.

I especially ask for the help of your Saints who have given us an example of how to honor purity: Mary your Mother, St. Theresa, Saint Maria Goretti,, Saint Agnes, Blessed Gianna Beretta Molla and St. John Bosco. Lord, help me to learn to love others authentically by imitating You. Please keep me strong when I leave my home and attend college.

Father, I trust in Your grace and Your Church to help show me Your way and Your Plan for me. Thank you for giving me a family who loves me enough to try and show me Your way. Help me not to ever let them down. Help me to be strong so that I never use anybody or let myself be used for another's impure pleasure. Help me to discern my vocation. Help me to wait patiently and gracefully for my future spouse if marriage is your Plan for me. Help me to learn how to teach my friends about Your Love.

I promise to pray this every day from here forward until the day I enter into Your vocation chosen for me.

Signed by: _____ Witnessed by: _____ Date: _____