## **Quiz following Living Chastity**

1. Why is chastity recommended as the best practice?
2. How can chastity be applied to your life?
3. What modesty principles should men and women follow and why is this important?
4. How does chastity relate to living pro-life?
For further study about chastity, please review the UCE Manual index and select the chapter(s) that interest you including the questions about chastity. For more information about modesty please review UCE Manual question #219.