

# What to Do While You Wait for Marriage

There are several things Christians can do to control themselves sexually before marriage

- Channel your energy through physical work and spiritual ministry
- Don't seek to be married for the sake of being married
- Let go of the sex-mad, adulterous world
- Program your mind with the Word of God
- Count on divine help for you to live without sexual fulfillment
- Avoid potentially tempting situations
- Praise and thank God in the midst of your singleness
- Have a close Christian friend of the same sex you can talk to
- Remember that 1 Corinthians 10:13 is still in the Bible

