

*the choice is yours,  
Choose to know*



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## Accountability Contract

Today I, \_\_\_\_\_,  
commit to hold \_\_\_\_\_

accountable to his/her decision to remain  
abstinent from sexual activity until marriage.

I believe that \_\_\_\_\_

is **worth the wait!**

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# Abstinence Commitment

Today I, \_\_\_\_\_  
commit to sexual abstinence as the way to make  
the best preparation for my future by choosing to  
wait until marriage to have sex.



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