

10 REWARDS OF WAITING

1. Waiting will make your relationships better because you'll spend more time getting to know each other.
2. Waiting will increase your self-respect.
3. Waiting will gain you respect for having the courage of your convictions.
4. Waiting will teach you to respect other people—you won't tempt or pressure them.
5. Waiting takes the pressure off you.
6. Waiting means a clear conscience (no guilt) and peace of mind (no conflicts, no regrets).
7. Waiting will help you find the right mate—someone who values you for the person you are.¹
8. Waiting means a better sexual relationship in marriage—free of comparisons and based on trust. By waiting, you're being faithful to your future spouse.
9. By practicing the virtues involved in waiting—good judgment, self-control, modesty, and respect for self and others—you're developing the kind of character that will make you a good marriage partner.
10. By becoming a person of character yourself, you'll be able to attract a person of character—the kind of person you'd like to marry and to have as the father or mother of your children.

¹ The first seven rewards are adapted from Kristine Napier's *The Power of Abstinence*.