

How Ciara Defines 'Abstinence' In Her Relationship With Russell Wilson

Seattle Seahawks' Russell Wilson and pop star Ciara don't have sex—a revelation that shocked the mainstream media last year when Wilson asked for prayers to resist temptation.

Now, Ciara opened up to *Cosmopolitan* about the specifics of their abstinence.

"You get to hug and you get to have a nice good kiss, but you have to be careful not to go too far so you don't end up in the place you're trying to avoid being in," Ciara says.

Both have admitted they struggle with the physical temptations of their relationship, but they're committed to pursuing their emotional relationship over a carnal one.

"God knows everything that's to come in the future, and I think it's best to let Him keep taking control of things," Ciara said. "Life is sweet, and I'm very thankful for all the great things happening in my life. I'm very happy."