

## THAT WE MAY BE PURE IN MIND and BODY

Blessed are the pure of heart, for they shall see God.

Matthew 5:8

### *PRESENCE of GOD*

Let us pause and remember that the Spirit of the Living God lives in each of us, as we are temples of God's Spirit. Create in us a pure heart, O God, and renew a steadfast spirit in us. Glory to You, Loving Creator, Source of All Being; Jesus, our Eternal Word and Savior, and the Spirit most holy Who calls us to life, to holiness, to creativity and to love.

### *THOUGHTS on PURITY*

#### **Romans 12:2a**

Do not conform any longer to the pattern of this world, but be transformed by the renewing of your mind.

#### **Psalm 119:9, 11**

How can a person keep his/her way pure? By living according to Your Word. I have hidden Your Word in my heart that I might not sin against You.

#### **Colossians 3:2**

Set your mind on things above, not on earthly things.

#### **2 Timothy 2:22**

Flee the evil desires and pursue righteousness, faith, love and peace, along with those who call on the Lord out of a pure heart.

#### **Romans 13:14**

Rather, clothe yourselves with the Lord Jesus Christ, and do not think about how to gratify the desires of the sinful nature.

#### **Philippians 4:8**

Whatever is true, whatever is noble, whatever is right, whatever is pure, whatever is lovely, whatever is admirable—if anything is excellent or praiseworthy—think about such things.

#### **Ephesians 6:11**

Put on the full armor of God so that you can take your stand against the devil's schemes.

#### **Matthew 6:22**

The eye is the lamp of the body. If your eyes are good, your whole body will be full of light.

#### **1 Corinthians 6:18**

Flee from sexual immorality. All other sins a man commits are outside his body, but he who sins sexually sins against his own body.

#### **1 Corinthians 6:20**

You were bought at a price. Therefore honor God with your body.

*THE LORD'S HOLY WORD TO US: MATTHEW 15: 10-11; 17-20*

Jesus summoned the crowd and said to them, "Hear and understand. It is not what enters one's mouth that defiles that person; but what comes out of the mouth is what defiles one. Are even you still without understanding? Do you not realize that everything that enters the mouth passes into the stomach and is expelled? But the things that come out of the mouth come from the heart, and they defile. For from the heart come evil thoughts, murder, adultery, unchastely, theft, false witness, blasphemy. These are what defile a person. The Word of the Lord!

*REFLECTION*

The Church holds up for our encouragement and our edification the lives of very ordinary men and women who struggled and became saints because they continually worked at taking on the mind and heart of Jesus as best as they could. Holy Scripture tells us that we should be serious, self-controlled and alert for the devil prowls about like a roaring lion seeking whom he may devour. (1 Peter 5:8)

There are several kinds of purity: purity of intention, purity in thought, purity in actions, purity in regard to sexuality, purity in speech, purity of heart. Again, Holy Scripture tells us to become blameless and pure, children of God without fault in a crooked and depraved generation, in which we will shine like stars in the universe. (Philippians 2:15) You are "a chosen race, a royal priesthood, a holy nation, a people of God's own, so that you may announce the praises" of Him Who called you out of darkness into His wonderful light. Once you were "no people" but now you are God's people; you "had not received mercy" but now you have received mercy. Beloved, I urge you as aliens and sojourners to keep away from worldly desires that wage war against the soul. Maintain good conduct so that others may observe your good works and glorify God. (1 Peter 2:9-12) It is through daily prayer, mortification or self-denial, the daily reading of the New Testament, and the frequent reception of the Sacraments and attendance at Mass that keeps us on the pathway to God as we encounter the snares of the world, the flesh, and the devil.

*PSALM 51*

1. Have mercy on me, God, in accord with Your merciful love.
2. Cleanse me that I may be pure;
  1. Wash me, and I will be whiter than snow.
  2. A clean heart create for me, God;
1. Renew within me a steadfast spirit.
  1. Restore to me the gladness of Your salvation;
  2. Uphold me with a willing spirit.
1. Lord, You will open my lips;
  2. And my mouth will proclaim Your praise.

*Guard your eyes that they may not look upon anything contrary to purity;  
your ears, that they may not listen to evil conversation;  
your mind, by banishing from it all suggestive thoughts;  
your heart, by stifling impure desires at their very birth.*

*Saint John Baptist de LaSalle*

Mary, Mother of the Christ, and our Mother,  
model of obedience and righteousness,  
help us to be pure in spirit as you were.

LIVE JESUS IN OUR HEARTS.

FOREVER!