

Scripture Reading

A Reading of the Gospel According to John (*John 2:13-15*)

When it was almost time for the Jewish Passover, Jesus went up to Jerusalem. In the temple courts He found people selling cattle, sheep and doves, and others sitting at tables exchanging money. So He made a whip out of cords, and drove all from the temple courts, both sheep and cattle; He scattered the coins of the money changers and overturned their tables. The Gospel of the Lord. R. Praise to You Lord Jesus Christ.

Reflection – Don't You Know Your Body is A Temple of the Holy Spirit?

Jesus made a whip out of cords and drove the traders out of the temple. It must be hard to imagine Jesus who is meek and humble of heart being fired up with fury, driving out the traders from the temple. To those who sold doves, Jesus said, "How dare you turn my Father's house into a market." (cf. John 2:16). Admittedly, those trading activities were necessary for the ancient Jews to buy their animal sacrifices for their worship of God in the temple. However that does not justify the turning of a holy place – a place of worship – into a market place. The violent actions of Jesus emphasizes strongly the importance of maintaining holiness even holiness of places of worship. To compromise on holiness even on good human reasons is simply out of the question for Jesus.

Do you not know that your bodies are temples of the Holy Spirit, who is in you, whom you have received from God? (1 Corinthians 6:19). St. Paul reminds us that we have been bought at a price, the Holy Spirit lives in us and we are to keep our bodies holy and honour God with our bodies. Our bodies do not belong to us and is a temple of the Holy Spirit.

Impurity enters through our five senses. Satan, our enemy and the enemy of God attempts to destroy the temple of God within us by introducing impurity into our bodies through the five senses. Of the five senses the most vulnerable are the eyes, said to be the window to the soul (cf. Matthew 6:22-23) *Jesus said, "And if your eye causes you to stumble, gouge it out and throw it away" (Matthew 18:9).* In making such an extraordinarily strong statement, Jesus is warning us to be very vigilant against impurity entering our bodies. In the world of today we are assailed with impure images wherever we go thanks to an advertising media which thrives on sensationalism and use of sexy images to sell. Pornography is a global business with a multi-billion dollar revenue. Impure images are freely available especially through the Internet and have served to destroy the innocence of many children. Attack on purity is also made through the fashion industry. People especially young people of impressionable minds like to appear updated in their dressing. Without a properly formed conscience in regards to the virtue of chastity, impure fashions are mindlessly aped by young people, introducing impurity not only to their own bodies but also to those around who entertain impure thoughts caused by the impure dressing.

Impurity enters through our minds. The human mind can be likened to an open field into which Satan throws in his impure thoughts and suggestions. To the one who does not guard the virtue of chastity, Satan introduces thoughts of impurity. To the proud of heart, Satan introduces thoughts promoting egoism and self-centredness. To the one whose faith is weak, Satan introduces thoughts of fears and worries. To the one lacking in charity, Satan introduces thoughts promoting grudges, unforgiveness and hatred. To the one who attempts to walk along the true path of holiness, Satan re-doubles his efforts and introduces thoughts promoting self-righteousness and spiritual pride.

Conversation with Jesus

Precious Lord, without a shadow of doubt I know You made me for heaven. Heaven is my true home. My whole life is a preparation for my entry into heaven. And You said to me, be holy as Your Heavenly Father is holy. Help me to be vigilant against all the sources that can introduce impurity into me. Strengthen the virtues of holy love and holy humility in my heart so that I can resist Satan's impure suggestions and attacks. I consecrate my five senses, mind, heart and my entirety to the Immaculate Heart of Mary so that my defence against the attacks of the evil one can be strengthened. Mary, Protectress of the Faith keep me pure as You are pure. Thank You Jesus. Praise You Jesus. **You may keep this sheet if you wish**