

Scripture Reading

A Reading of the Gospel according to Matthew (*Matthew 5:8*)

Blessed are the pure in heart, for they will see God. The Word of the Lord. R. Thanks be to God.

Reflection ~ The pure-hearted can see God in others and understand His ways

To be pure of heart, one needs to pray, practise chastity, have purity of intention and of vision (Cf. CCC 2532). Every follower of Christ is called to be pure in heart. Purity is the required state of our soul to enter heaven. Purity of the heart is the final result of all the other virtues which work together to produce a heart fit for heaven. When we die after living a good Christian life but with a heart not pure enough, we need to have the impurities in our heart purged in purgatory. Jesus said: *Be perfect, therefore, as your heavenly Father is perfect (Matthew 5:48).*

Practice of chastity like forgiveness cannot be practiced in portion but must be observed always as any failure in purity is a sin. The chaste soul must always live this virtue perfectly. Chastity is unlike humility or patience which if worked at through time, effort and grace comes to perfection. Our Lady of Fatima revealed that more souls go to hell for the sins of the flesh than for other reason. Sins of the flesh constitute the greatest area of triumph for the kingdom of darkness in this current world. Satan's biggest lie that undermines chastity is that sex was created by God merely for human enjoyment. Contrary to the false ways of the wicked world, all Christians are called to chastity and to imitate Christ as the supreme model. *Do you not know that your bodies are temples of the Holy Spirit, who is in you, whom you have received from God? You are not your own (1 Corinthians 6:19).*

Temptation against chastity comes through the media: Internet, TV, radio, music, books, movies, etc. Temptation often comes cunningly disguised as freedom of choice such as in the promotion of artificial birth control and abortion both in and outside of marriage. Evil comes clothed in goodness and promotes the false belief that sex is merely an act of enjoyment. Other untruths promoted include presenting homosexuality as an alternative life style which it is not (cf. Leviticus 18:22, 20:13) and that extra marital affairs are acceptable. The promoting of immodest fashions prompts many to unchaste thoughts and desires. **Modesty guards the purity of the heart.** Modesty inspires a way of life that protects the intimate centre of the person, guides how one looks at others and behaves towards them in conformity with the dignity of the person, encourages patience and moderation in loving relationships, inspires one's choice of clothing and keeps silence where there is evident risk of unhealthy curiosity (cf. CCC 2521-2). It curbs the imagination and feelings of the person.

Purity of intention and vision seeks God's will and the highest good of others in every situation. We may be doing a lot of good in our life. However, if the intentions are not pure, they are hardly of any use to our souls. We can fall victim to the web of deception if we are guided solely by our need to feel good/assuage some guilty feelings, need for the affirmation of those around us, need for a sense of personal achievement, or need to enhance our reputation. In a word, it was all done for ourselves. *Many will say to Me on that day, 'Lord, Lord, did we not prophesy in Your name and in Your name drive out demons and in Your name perform many miracles?' Then I will tell them plainly, 'I never knew you. Away from Me, you evildoers!'* (*Matthew 7:22-23*).

Conversation with Jesus

Precious Lord, I consecrate to You my poor heart. Make it childlike for You said unless I become like a child I cannot enter heaven. I surrender to You my pride and disorderly self love which make me unhappy and unfulfilled as I am led to please myself. May I instead live only for You so that my every thought, word, and deed will be pleasing to You, so that I may have a share in Your peace and joy. Purify my mind of all demonic deception, spiritual blindness, lies, falsehoods and anything which opposes holy truth. Flood my mind with Your light, truth, wisdom, knowledge and understanding. Let holy love rule my heart, and holy truth rule my mind. Help me to be pure of heart so that I may recognise You in others and understand Your ways better. Mary, Mother of Salvation teach me to be pure like You. Thank You, Jesus. Praise You, Jesus.