

PRAYERS FOR PURITY

O most loving Father, we need you to attain purity and the joy it brings, for without you we can do nothing.

Teach us your children to reverence our bodies and the bodies of our sisters and brothers in Christ. Help us to recognize in each human body, and in each one of its parts, an incarnate spirit, an image of God, a sacred temple of the Holy Spirit, a person worth all the blood of Christ, a child of God to be loved with your benevolent Love.

Teach us to reverence the sacredness of human sexuality, an icon of your divine self giving and creative power.

Deliver us, Father, from the evil of seeing the bodies of your daughters and sons as mere things and objects, and the evil of using them for our own selfish ends.

Forgive us our sins, which destroy our friendship with you, the source of all our happiness.

O most beloved Mother, through your all powerful prayer, help us to live with the dignity of a child of God. May our reason and free will be the masters of our feelings and desires. And may Jesus, God who is Truth and Love, be our one master and Lord. Amen. By Raul Nido in Benedict the Wise

Prayer to Our Lady

"Immaculate Virgin Mary, I confide my chastity to your maternal heart. I ask your help to guard my senses, especially the eyes, for an unchaste eye is the messenger of an unchaste heart. Knowing my pride, I pray for that humility which invites the mercy of God. Knowing that I am human, I shall not be surprised at the urge of concupiscence, but trusting in your care I rely on your protection and all the graces that I need from your divine Son. Amen."



O Saint Maria Goretti, who, strengthened by God's grace, did not hesitate, even at the age of eleven, to shed your blood and sacrifice life itself to defend your virginal purity, deign to look graciously on the unhappy human race which has strayed far from the path of eternal salvation. Teach us all, and especially our youth, the courage and promptness to flee for love of Jesus, anything that could offend Him or stain our souls with sin. Obtain for us from Our Lord and Our Lady Immaculate, victory in temptation, comfort in the sorrows of life, and the grace which we earnestly beg of thee, purity in soul and body, so that we may one day enjoy with thee the imperishable glory of heaven. Amen.

Jesus, Lover of chastity, Mary, Mother most pure, and Joseph, chaste guardian of the Virgin, to you I come at this hour, begging you to plead with God for me. I earnestly wish to be pure in thought, word and deed in imitation of your own holy purity. Obtain for me, then, a deep sense of modesty, which will be reflected in my external conduct. Protect my eyes, the windows of my soul, from anything that might dim the luster of a heart that must mirror only Christ-like purity. And when the "Bread of Angels becomes the Bread of me" in my heart at Holy Communion, seal it forever against the suggestions of sinful pleasures.

Heart of Jesus, Fount of all purity, have mercy on us.