

SPIRITUAL FORMATION FOR A ZEALOUS HEART

PURITY

1) WHAT IS PURITY OF HEART?

- In the Sermon on the Mount, Jesus said, “Blessed are the pure in heart, for they shall see God.”
 - The Catechism of the Catholic Church (paragraph 2518-19) tells us:
“Pure in heart” refers to those who have attuned their intellects and wills to the demands of God’s holiness, chiefly in three areas: - charity - chastity - love of truth and orthodoxy of faith
 - *There is a connection between purity of heart, of body and of faith*
 - Purity of heart is the precondition of the vision of God.
 - Even now, it enables us to see according to God, to accept others as “neighbours”...
- Purity of heart aids in our ultimate goal of seeing God, and in our immediate circumstances of *seeing othersthrough God’s eyes*

2) AS A CHILD

- The innocence of a child allows an unencumbered view of the world
- We have to let go of selfish motives, and preconceived notions, and be willing to share the Gospel with
purity of intention

3) SEEK THE INTERCESSION OF OUR BLESSED MOTHER

- The Blessed Virgin Mary is always there to accompany us on our journey.
- She is an incredible example of purity of intention, and purity of heart.
- When we seek her help and intercession, Mary is able to guide us in our conversations and interactions
with those who do not yet know her Son.

PRAYER: Ask for the grace to approach others with the pure intention of sharing God’s love with them.

ACTION: Make a resolution to pray the rosary daily and seek Mary’s intercession.