

## VIRTUE OF THE MONTH

# Purity



Icon of the Holy Family  
St. Joseph the Workman Cathedral

Blessed Virgin Mary

O Virgin Mother,  
who was never defiled  
by the stain of sin,  
neither actual nor original,  
to you I commend and entrust  
the purity of my heart.

### Sacred Scripture:

Jesus said,  
“Blessed are the pure in heart  
for they shall see God.”  
*Matthew 5:8*

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

### Catechism of the Catholic Church: (noted as CCC)

Baptism confers on its recipient the grace of *purification from all sins*. But the baptized must continue to struggle against the inclination to sin, also known as concupiscence of the flesh and disordered desires. With God’s grace the person will prevail. Ongoing *purification of the heart* demands prayer, the practice of chastity, purity of intention and purity of vision. The struggle against carnal sin involves *purifying the heart* and practicing temperance. *Purity of heart* requires modesty which is patience, decency, and discretion. Modesty protects the intimate center of the person. *Purity of heart* will enable us to see God; it enables us even now to see things according to God (CCC 2520, 2532, 2530, 2533, 2531).

### What is the Virtue of Purity?

Purity is the virtue which struggles against disordered desires, stemming from the effects of Original Sin. It allows the heart to be purified through practicing temperance. It manifests itself in a cleanness, a clarity of heart in freedom from evil and sin. People who are ‘pure in heart’ refer to those who have attuned their intellects and wills to the demands of God’s holiness, chiefly in three areas: charity, chastity / moral integrity, and love of truth / orthodoxy of faith. (CCC 2518)

- One reaches purity of heart through purity of intention, purity of vision, both exterior and interior, discipline of the memory, imagination and feelings, by prayer and through the virtue and gift of chastity. Chastity is treating an individual as a person to be loved rather than a thing to be used.
- Purity requires *modesty* which, while protecting the intimate center of the person, expresses the sensitivity of chastity. It guides how one looks at others and behaves toward them in conformity with the dignity of persons. It requires a *purification of the social climate* by means of a constant struggle against moral permissiveness that is founded on an erroneous perception of human freedom.
- In the battle against disordered desires the baptized person is able, only by the grace of God, to achieve purity. Through cooperation with the graces received in the Sacrament of Penance, a person is cleansed, healed and purified from sin leading to a growing purity of heart. Hearts cleansed by the blood of Jesus are then filled with the Holy Spirit. (cf. 1John 1:7)

### Why do we need the Virtue of Purity?

- The ‘pure in heart’ will see God face to face and “be like Him for they shall see Him as He is.” (1 John 1:2) Purity disallows any obstacles to receiving God.
- Purity of heart allows us to recognize our personal dignity and the dignity of others. Even now it enables us to see *as God sees*, to accept others as ‘neighbors’; it lets us perceive the human body – ours and our neighbor’s – as a temple of the Holy Spirit, a manifestation of divine beauty. (cf. CCC 2519)
- There is a connection between purity of heart, of body, and of faith. Purity of heart allows us to know the truth, understand what we believe and to love God with an undivided heart and body.
- The pure in heart experience inner peace, joy, freedom, transparency, radiance of soul, love, and live with humble sincerity and reverence toward others.
- Thoughts, words, and actions that are impure or sinful cause our mind and heart to be clouded, leading to spiritual blindness. We want to follow God’s way of purity which protects us from harmful and miserable consequences.

*"In the most holy Virgin the Church has already reached that perfection whereby She exists without spot or wrinkle (cf. Eph. 5:27)"; and at the same time the Council says that "the followers of Christ still strive to increase in holiness by conquering sin, and so they raise their eyes to Mary, who shines forth to the whole community of the elect as a model of the virtues."*

**Redemptoris Mater**

On the Blessed Virgin Mary in the life of the Pilgrim Church

**HIS HOLINESS  
JOHN PAUL II  
March 25, 1987**



Our Lady of the Miraculous Medal Cathedral of St. Joseph the Workman

**Purity**

**Blessed Virgin Mary**



**Also Known As:**

- Blessed Virgin Mary
- Mother of God / Mother of Jesus
- Immaculate Conception
- Mother of the Church
- Queen of Heaven & Earth
- Wife of St. Joseph
- Patroness of the United States

**Feast Days:**

- Jan 1 – Mary, Mother of God
- March 25 – Annunciation
- August 15 – Assumption
- Dec 8 – Immaculate Conception

**Her Life**

- Mary was born to Joachim and Anne. Mary was given to service as a consecrated virgin in the Temple in Jerusalem at three years old.
- The Blessed Virgin Mary was conceived without original sin in the same way Eve was free from sin before the Fall. This miracle, which we refer to as the Immaculate Conception, was accomplished by the power of the Holy Spirit in anticipation of the merits procured by the Death and Resurrection of her Son, Jesus Christ. She received, in advance, the graces the Paschal Mystery would obtain. Therefore, she was immaculate, pure, perfect – free from all sin. In addition, Mary never committed any personal sin.
- While in her teens, Mary was betrothed to Joseph. Betrothal included the covenant of marriage but did not include the spouses living together as yet.
- The archangel Gabriel announced that she had been chosen to bear the Son of God. She consented to God’s desire. In a dream, Joseph was told to take Mary into his home and he obeyed. Mary and Joseph lived together as husband and wife and had a deep marital love for each other though they did not express this love in physical relations. According to Pope John Paul II, the more important union is the union of persons in Christ. The physical expression of the gift of self is an important part of marital love but in the case of Mary and Joseph, their “bodies did not speak”. (see CCC 496-507)
- Mary was told by the angel Gabriel that her cousin, Elizabeth was also expecting a child. Mary immediately went to visit and help Elizabeth.
- Joseph and Mary were required to travel to Bethlehem because of the census. While they were there Mary gave birth to Jesus.
- Little is recorded in Scripture about Mary and Joseph during Jesus’ hidden years. At Passover, when Jesus was 12 He was lost for three days in Jerusalem. Mary and Joseph searched for Jesus, finding Him in the temple.
- Jesus worked His first recorded miracle at the request of His mother, Mary, when He turned the water into wine at the wedding in Cana.
- Mary stood at the foot of the Cross at Jesus’ crucifixion, the birth of the Church. With Jesus’ words to John, “Behold your Mother,” Mary became the Mother of the Church and the mother of every Christian. Mary was with the Apostles at Pentecost. She was assumed, body and soul, into Heaven.

**How is the Blessed Virgin Mary a model of purity?**

- Mary is the model of purity because she was conceived and born free from original sin. She was pure, untarnished, and “full of grace.” Mary remained free from sin because of her choices and her life-long “yes” to God’s will.
- Mary was not corrupted by jealousy, gossip, lies, greed or any sin. She respected and loved everyone. Her thoughts and actions were never sinful.
- Mary’s heart, her will, was always completely open and available to God’s grace as she cooperated with His plan to restore supernatural life to souls. (See page 7e) Mary lived the virtue of purity perfectly, which allowed the Holy Spirit to work in her without any obstacles. (More info available)



# DIOCESE OF LACROSSE

OFFICE OF CATECHESIS AND EVANGELIZATION  
OFFICE OF CATHOLIC SCHOOLS

Dear Catholic School Teachers and Parish Catechists,

Your presentations on the Virtue of Purity require discretion and prayer in order to carefully show respect for and guard the innocence of each student. As a representative of the Church, it is your responsibility to know and submit to the Church's role, which is to support the parents in their duty as primary educators of their children. The parent's responsibility is "original and primary", "irreplaceable and inalienable."<sup>1</sup> It is a sacred trust that cannot be given away or taken. The Catholic school teacher and parish catechist must use sensitivity and discretion in helping parents to educate for purity, chastity, and modesty in the context of the moral life of the Catholic Church.

## **Different Stages of Development**

To help teachers assume their proper roles and learn to respect the development of each child, *The Truth and Meaning of Human Sexuality*, Guidelines for Education within the Family identifies different stages:

- the years of innocence – from birth to puberty (the first sign of changes in one's body). "This period of tranquility and serenity must never be disturbed by unnecessary information about sex."
- puberty
- adolescence
- adulthood

In a wholesome environment, the relationship with God can thrive, one's gifts can be discovered, creativity can blossom, and one's sexuality (their masculinity or femininity) can become integrated in their personality in the balanced and beautiful way that God intends. Parents and educators should seek to protect and foster an environment that is developmentally appropriate for each child.

## **Protective Attitude: Avoid "Shock Value"**

Teachers should be aware that some children have been exposed to "sex education" in a secular environment and/or some have been exposed to obscene entertainment. These students might seek to "test" the educator by asking possibly sincere but inappropriate questions in front of the class. When this situation arises, the catechist is to teach, at an age-appropriate level, why certain acts are wrong. Further, a teacher may hear of a story on the news and see it as a "talking point". However, stories from the news and other scenarios being used for "shock value" are to be reserved for high school age students. The teacher needs to recognize that young minds are not equipped to deal emotionally with sexually explicit and violent information and that there are those that may be scandalized by information given at the wrong time and in the wrong context. In addition to preparing always with prayer, the catechist should include a sensitive and protective attitude of all the children present. A person's dignity and privacy can easily be offended if discussions divert from the material that is to be presented based upon an approved textbook.

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<sup>1</sup> Truth and Meaning of Human Sexuality, [www.newadvent.org](http://www.newadvent.org), click on Library for the document.

## Activities to foster the growth of the Virtue of Purity

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- Pray this prayer to our Blessed Mother, asking for the grace to grow in the virtue of purity. (Not only has Mary given us Jesus, but Jesus has given His Mother, Mary, to *us* to be *our* spiritual Mother.)  
Mary, loving daughter of God the Father, I entrust my soul to you. Protect the life of God in my soul. Do not let me lose it by sin. Protect my mind and my will so that all my thoughts and desires will be pleasing to God. *Hail Mary...*  
Mary, loving Mother of God the Son, I entrust my heart to you. Let me love you with all my heart. Let me always try to love my neighbor. And help me avoid friends who might lead me away from Jesus and into a life of sin. *Hail Mary...*  
Mary, loving spouse of the Holy Spirit, I entrust my body to you. Let me always remember that my body is a home for the Holy Spirit who dwells in me. Let me never sin against Him by any impure actions alone or with others. *Hail Mary...*  
St. Joseph, pray for us. St. Raphael the Archangel, pray for us. St. Maria Goretti, pray for us. (Prayer taken from *Pure Womanhood* Crystalina Evert, Catholic Answers, Inc., 888-291-8000, [www.catholic.com](http://www.catholic.com). p. 46)
- Make a list of the words from page one that describes the virtue of purity.
- Discuss the process of developing the virtue of purity. What do we need to avoid in order to keep our minds and hearts pure? What things can lead us to purity? How does our choice of music, TV, movies, reading material, and games influence our attempt at remaining pure of heart? (See page 6a)
- How does the Sacrament of Reconciliation assist us to live out the virtue of purity and regain the purity we lost? How do we cooperate with God's grace to avoid situations that lead us to sin?
- Discuss how 'the innocence of young children' relates to purity.
- How can you change patterns in your life to avoid impurity? Why is humility the doorway to purity?
- How does receiving Jesus in Holy Communion help us to live the virtue of purity? (CCC 1393-1395)
- How does the cleansing caused by water relate to the virtue of purity? What actually takes place when water is poured over the person's head and the proper words are pronounced in the Sacrament of Baptism? What is the significance of the white garment in Baptism? (See page 7a and 7b)
- Give examples of people, places, or things considered 'pure' and explain your reasons.
- What does Jesus promise in the Beatitudes to the 'pure of heart'? (Mt 5:8) What does that mean?
- What does it mean to be single-minded for the Lord, which is another way of saying to have a pure heart? See Deuteronomy 6:4-5.
- Because Mary is our model of purity, pray the Rosary. Meditate on Her life and how she remained pure in heart, single-minded in always doing God's will.
- Read a book about a saint and report to the class how this saint lived out the virtue of purity. Examples: St. Kateri Tekakwitha, St. Tarcisius,

**“Beloved, we are God’s children now; it does not yet appear what we shall be, but we know that when He appears we shall be like Him, for we shall see Him as He is. And every one who thus hopes in Christ purifies himself as He is pure.”**  
**1 John 1:2-3**

- Discuss the Commandment given by God that forbids cultivating impure thoughts and desires and the Commandment that forbids actions that are impure. (CCC 2514-2527, 2380-2381)
- What are the effects of living the virtue of purity? What are the effects of impurity? What is so bad about impurity? (See 1Cor 6:9-20) Why do sins of impurity lead to spiritual blindness? (see p. 6d)
- Discuss the meaning of each aspect below and how an individual reaches purity of heart through practicing and developing these components: (See CCC 2520-2522 for further explanation)
  - a) purity of intention
  - b) purity in regard to the five senses: right use of seeing, touching, hearing, smelling, tasting. We are to be vigilant about the five senses in order to guard the door of purity that opens to the mind and heart. We need to be good stewards of what we watch, listen to, and our use of touch, taste, and smell. Examples: too much food, unlimited use of the Internet.
  - c) purity of vision, both exterior and interior
  - d) discipline of the memory, imagination and feelings
  - e) prayer
  - f) the virtue of chastity
  - g) modesty
- What should we do when we are tempted with impure thoughts? (See page 6b.)
- Where do temptations originate?
- Using the “Praying with Scripture” prayer worksheet, take ten minutes to pray with a passage.
 

*Luke 1:26-38*      Mary is open to God’s will because of her pure heart. She gives her “yes.”

*Matthew 1:18-25*      Joseph is open to God’s will because of his pure heart. He accepts God’s plan.
- Each week, memorize a Scripture passage that relates to purity. Examples:
 

*Psalms 24:3-6*      Those with clean hands and a pure heart will receive great blessings.

*Psalms 119:9-12*      We keep our way pure by guarding it according to God’s Word.

*Matthew 5:8*      Jesus said, “Blessed are the pure in heart for they shall see God.”

*Philippians 4:8-9*      St. Paul tells us to think about whatever is true and pure.

*2Corinthians 6:4, 6*      Live as servants of God by purity, knowledge, forbearance, & the Holy Spirit.

*2 Timothy 2:21-22*      Purify yourself from what is ignoble, then you will be a vessel for noble use.

*1Thessalonians 4:7*      “For God has not called us to uncleanness but in holiness.”

### **For Junior High and High School Students on Sexual Purity:**

- How will impurity really affect your relationship with God? See Matthew 5:8, Proverbs 22:11.
- Seeking to live the virtue of purity is a life-long process. What is needed on a daily basis to be faithful? Discuss the following points as a game plan for living the virtue of purity. (Taken from *Pure Manhood*, Jason Evert, Catholic Answers, Inc., 888-291-8000, [www.catholic.com](http://www.catholic.com), p. 39-49)
 

Admit the problem and set the goal	Remove the temptation
Go to confession	Receive the Holy Eucharist
Use Personal Prayer	Ask the Saints for Help
Fast	Do Something – Flee Idleness
Control your Eyes and Words	Exercise Patient Perseverance

“The Holy Spirit enables one whom the water of Baptism has regenerated to imitate the purity of Christ.”  
 - *Catechism of the Catholic Church*, paragraph 2345

## Additional Information on the Virtue of Purity

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- 6a) If something we are watching, reading etc. causes us to feel peaceful and full of joy and well being, then this is of God and will lead us to purity. If something we are watching or listening to, such as violent TV or movies that go against the Ten Commandments, causes us to be uncomfortable, fearful, anxious, agitated, to lose peace and feel discouraged or depressed, we need to resist and turn away from these things as this is not of God and will contribute to leading us down the path to impurity. Efforts to prevent our minds and hearts from being filled with impure thoughts should include choosing to watch inspirational, wholesome movies and reading materials that uplift our spirit and leave us with peace and joy. Peace is a definite sign that something is good and is of God. We find peace and are truly free when we operate within healthy boundaries of seeking the good and avoiding evil. God's plan for purity does not deprive us of our personal freedom, but provides loving limitations that protect us from misery and harm.
- 6b) Our battle against temptations of impurity is to include acknowledging an impure thought to Jesus and then giving it to Him. Place it in His Sacred Heart. Further, discuss it with your confessor, even if it did not lead to sin because bringing a temptation into the light will break its power. "Bring every thought captive to obey Jesus." (2 Cor 10:5) This means that we are to take an impure thought captive to Jesus rather than be captivated by it and become captive of it. There is a saying that we can't stop birds from flying over our head but we can stop them from building a nest in our hair. In other words, we cannot stop a temptation of an impure thought coming into our mind but we can protect ourselves from the risk of entertaining the thought which leads to sin. That is why we need to immediately acknowledge it: "Jesus, I don't know where this impure thought came from but I don't want it and I ask You to take it." Jesus has, through the Blood of His Cross, the power to eliminate all sin, and particularly in this case, inappropriate or impure thoughts.
- 6c) We must reject things that lead us away from purity while choosing to turn back to God. He will forgive and heal us through prayer and the Sacrament of Penance. "The Blood of Jesus purifies us from all sin" (1John 1:7). Hearts cleansed by the Blood of Jesus are filled by the Holy Spirit. We need to pray continually for the help of the Holy Spirit to keep us on track, keeping us moving toward God and guarding us in future temptations.
- 6d) Sins of impurity lead to spiritual blindness, a lack of interest in the things of God, less recognition of God's love and protection, His voice in Scripture and His guidance and plan for our life. Sin leads to hardheartedness, causing us to turn inward with selfishness and to be blind to our purpose and destiny.
- 6e) Temptations arise from Satan, the father of lies, or from the part of ourselves that is not yet purified. We cannot be tempted by God. "Let no one say when he is tempted, 'I am tempted by God'; for God cannot be tempted with evil and He Himself tempts no one; but each person is tempted when he is lured and enticed by his own desire. Then desire when it has conceived gives birth to sin; and sin when it is full-grown brings forth death" (James 1:13-15) Temptations can originate from ourselves as we are dealing with the effects of original sin and have an inclination to sin. (CCC 1264, 1426, 2515, 978-980)
- 6f) "A necessary condition for interior peace is...**purity of heart**. It is the stable and constant disposition of a person who is determined more than anything to love God, who desires sincerely to prefer the will of God to his own...It is not perfection, sainthood achieved, because it could well coexist with hesitations, imperfections and even faults. But it is the way...which permits the grace of God to carry us, little by little, toward perfection." (*Searching for and Maintaining Peace, A Small Treatise on Peace of Heart*, Father Jacques Philippe, St. Pauls, [www.stpauls.us](http://www.stpauls.us) or 800-343-2522).

- 7a) Purification from sin is directly related to Baptism as the Sacrament signifies these purifying realities and brings them about: 1) cleansing from sin, 2) death to the old self, and 3) rebirth to new life.

First, as in the natural world water cleanses us from dirt and stains, so too in the supernatural life, water signifies the washing away of the stain of sin. Second, just as in the natural world water can destroy – as in the Flood of Noah’s time, sin was drowned - so too in the supernatural world, by passing through Baptism’s waters, the old sinful self is destroyed. Finally, the water of Baptism signifies new life. While too much water can be destructive, no life is possible at all without at least some life-giving water. So too, in the supernatural world, Jesus offers “living water”, which is a symbol for receiving God the Holy Spirit, who brings about in us a share in Divine Life. (CCC 1214-1215, 1219)

- 7b) In Baptism, the white garment is an outward sign of our Christian dignity and we are to bring that dignity unstained into the everlasting life of Heaven. The foundation of our dignity lies in our being made in the image of God - having an intellect to know and love and a will to choose, and now, through Baptism, being restored to His likeness – receiving sanctifying grace into the soul, which is a participation in God’s life. We are born without sanctifying grace due to the effects of Original Sin. Adam and Eve lost sanctifying grace when they disobeyed God.

Further, the white garment of Baptism is to be white as it signifies the purity of Christ and the purity of thought, word and deed to which each person is called. Baptism is not an event which takes place once and has no further consequence for our life; the Christian vocation is a total choice to follow Christ and His way of self-giving love and forgiveness. This is why the Church asks that all the faithful renew the promises made in Baptism annually at the Easter Vigil services. (CCC 356, 1243)

In reference to High School age students:

- 7c) *“Purity never ruins relationships.* If the relationship is based upon lust, purity will end it. But if the relationship is based upon love, purity will save it ... Purity is love...When a relationship begins the right way – with a long, God-centered friendship – there probably won’t be any need to tell the guy no: he will be enough of a man of God to lead you to purity. Finding a man like this is not a ridiculous dream. It’s a standard.” (*Pure Womanhood*, Crystalina Evert, Catholic Answers, Inc., 888-291-8000, [www.catholic.com](http://www.catholic.com). p. 18-19)

- 7d) Purity is a gift from Jesus Christ and He will give it to us if we ask for it with humility and perseverance. Without Him, it is impossible...God is always present to give you His grace, or to witness when you turn from Him...He loves you beyond what you could ever imagine, and He wants what’s best for you... but sin does not fit into that picture. To be pure, follow the advice of Blessed Pier Giorgio Frassati: ‘I urge you young people to approach the Communion table as often as you can. Feed on this bread of angels whence you will draw all the energy you need to fight inner battles. Because true happiness, dear friends, does not consist in the pleasures of the world or in earthly things, but in peace of conscience, which we have only if we are pure in heart and mind.’” (*Pure Love*, Jason Evert, Catholic Answers, Inc., 888-291-8000, [www.catholic.com](http://www.catholic.com). p. 45-46)

- **Further information about Mary:**

7e) We know that our first human parents, Adam and Eve “fell” from the relationship of union they enjoyed with God. They sinned and were “separated” from that intimacy by their own free will, their free choice; here in lies the great difference in these two women. St. Ephraem (died 373 A.D.) says: “Those two innocent women, Mary and Eve, had been (created) utterly equal, but afterwards one became the cause of our death, the other the cause of our life.” Eve’s response to God’s will was “no.” Mary’s response to God was “yes” (*fiat*—“let it be to me according to your word”), as we read in Luke 1:38. Mary’s “yes” is going to cooperate with God. It will allow the unfolding of God’s saving plan for the redemption unto Himself of the human race, reversing the “no” of Adam and Eve. This is why, in a parallel way, just as St. Paul refers to Christ as the “New Adam,” Mary is continuously referred to by the early Church Fathers as the “New Eve.” (*Introduction to Mary*, Dr. Mark Miravalle, Queenship Publishing Co.)

# Additional Resources on the Virtue of Purity

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## Pre-School through Third Grade

- *Book of Saints for Catholic Children*, Lord, Father Daniel, William J. Hirten Co., 2009.
- *Picture Book of Saints*, Lovasik, Rev. Lawrence G., S.V.D., Catholic Book Publishing Co., 1979.
- *Little Book of Saints: #2*, Muldoon, Kathleen M., Pauline Books & Media, 2005.
- *The Princess and the Kiss*, A Story of God's Gift of Purity, Jennie Bishop, Warner Press
- *The Day the Sun Danced, The True Story of Fatima*, video/ DVD animated, CCC, Ignatius Press.
- *Juan Diego, Messenger of Guadalupe*, Creative Communications Center (CCC) 800-935-2222 (30 min).
- *The King is Born*, animated, video, Nest Family Entertainment Series (30 min.).
- *Our Lady of Fatima*, Catholic Story Coloring Book, Text by Mary Fabyan Windeatt, Tan Publishers.
- *Our Lady of the Miraculous Medal* Catholic Story Coloring Book, Text by Mary Fabyan Windeatt.

## Fourth Grade through Eighth Grade

- *Saints for Young Readers for Every Day, Volume 1*, Wallace, Susan Helen, Pauline Books and Media, 1999
- *Saint of the Day, Lives, Lessons, Feasts*, Foley and McCloskey, O.F.M., St. Anthony Messenger Press.
- *Best-Loved Saints*, Lovasik, Fr. Lawrence G. S.V.D., Catholic Book Publishing Corp., 2007.
- *The Children of Fatima and Our Lady's Message to the World*, Mary Fabyan Windeatt
- *Our Lady of Guadalupe, Mother of Hope*, A Dan Lynch Video Production.

## Ninth Grade through Twelfth Grade

- *Pure Love*, (small booklet) Jason Evert, Catholic Answers, Inc., 888-291-8000, [www.catholic.com](http://www.catholic.com).
- *Pure Womanhood*, (booklet) Crystalina Evert, Catholic Answers, Inc., 888-291-8000, [www.catholic.com](http://www.catholic.com).
- *Pure Manhood*, (small booklet) Jason Evert, Catholic Answers, Inc., 888-291-8000, [www.catholic.com](http://www.catholic.com).
- *Best-Loved Saints*, Lovasik, Fr. Lawrence G. S.V.D., Catholic Book Publishing Corp., 2007.
- *Saint of the Day, Lives, Lessons, Feasts*, Foley, Leonard, O.F.M., McCloskey, Pat, O.F.M., St. Anthony Messenger Press, 2009.
- *Blessed are the Pure of Heart*, Pope John Paul II, St. Paul Books and Media.
- *Searching for and Maintaining Peace, A Small Treatise on Peace of Heart*, Father Jacques Philippe, St. Pauls, [www.stpauls.us](http://www.stpauls.us) or 800-343-2522
- *True Devotion to Mary*, St. Louis de Montfort.
- *And the Bride Wore White, Seven Secrets to Sexual Purity*, Dannah Gresch, Moody Publishers.
- *Introduction to Mary*, Dr. Mark Miravalle, Queenship Publishing Co.
- *Our Lady of Guadalupe, Mother of Hope*, A Dan Lynch Video Production.
- *Mary: The Mother of God*, The Footprints of God Series, DVD, 78 min., Ignatius Press.
- *Catechism of the Catholic Church* (Purification, Purity)
  - Baptism as purification of all sins, 2520
  - Confessing of one's sins as a condition of purification, 1847
  - Eucharist and its power of purification, 1393
  - Final purification or purgatory, 1030-1032, 1054, 2517-2519, 2532
  - The Gospel and its power of purification, 856, 2527
  - Purification of the heart, 1723
  - Purification of the social climate, 2525
  - Bond between purity of heart, of body, and of faith, 2518
  - Purity of heart as a condition for seeing God, 2519, 2531
  - Purity of intention and simplicity of vision, 2520
  - Requirements and conditions for obtaining purity, 2521, 2525, 2532-2533
  - Struggle for purity, 2520-2527