

# “YOUR BODY IS A TEMPLE OF THE HOLY SPIRIT WITHIN YOU” (1 COR. 6:19)

## UTILIZE AIDS

- Consider taping a holy card/holy image to or near your computer monitor as well as to set religious art as your wallpaper to remind you to be prayerful.
- Filters and a monitoring system on your computer will help to prevent temptation.
- Use your computer in more public areas of the home and with your door always open.

## ENHANCE YOUR PRAYER LIFE

*First and foremost, a person struggling with purity needs to avail himself of grace. In the spiritual battle for self-mastery, grace is oxygen and prayer is respiration.*

We cannot hold our breath and expect to exert much strength for long. In order to make sure we are breathing, we need to have an ordered Plan of Life for prayer including:

- A morning offering
- Daily Examination of Conscience
- Frequent reception of Confession and Communion
- Scripture reading
- The Rosary
- Quiet time for conversation with God

For a Plan of Life please see  
[www.arlingtondiocese.org/purity](http://www.arlingtondiocese.org/purity)

## PRAY AT THE POINT OF ATTACK

When you are in the midst of temptation it is good to say short prayers multiple times. Parts of the Our Father and Hail Mary are helpful as well as invocations of Jesus, Mary, Joseph or other saints and angels. An example of an invocation would be, “Jesus save me.”

*If you expand your efforts and remain faithful to your prayer life, you will find fewer temptations and that you are able to handle them with much greater strength.*

## PRAY THE DAILY DEVOTION OF THE THREE HAIL MARYS

Consider saying this prayer daily or twice, morning and evening, to grow in purity:

- *With all my heart I praise you, Most Holy Virgin, above all angels and saints in Paradise, Daughter of the Eternal Father, and I consecrate to you my soul with all its faculties. Hail Mary...*
- *With all my heart I praise you, Most Holy Virgin, above all angels and saints in Paradise, beloved Mother of the Son of God. I consecrate to you my body with all its senses. Hail Mary...*
- *With all my heart I praise you, Most Holy Virgin, above all angels and saints in Paradise, beloved Spouse of the Holy Spirit, I consecrate to you my heart with all its affections and beseech you to obtain for me from the Most Holy Trinity all the graces necessary for salvation. Hail Mary...*

Consider saying the three *Hail Marys* kneeling beside the bed. Follow this by lightly sprinkling the bed with Holy Water. You can also wear Rosary beads doubled around your wrist.

## SEEK HEALING

You may have experienced sexual wounds in the past or have tried the above methods without success and feel you may have an addiction. If so, you should seek competent psychological counseling that embraces the full truth of our sexuality as taught by the Church.

Find more resources online at:  
[www.arlingtondiocese.org/purity](http://www.arlingtondiocese.org/purity)



A man's hope  
in the struggle for purity

[WWW.ARLINGTONDIOCESE.ORG/  
PURITY](http://WWW.ARLINGTONDIOCESE.ORG/PURITY)

# THERE IS HOPE FOR FREEDOM

Sins against purity are discouraging and can lead to great frustration and self-hatred. You may feel a sense of helplessness and that these sins are impossible to overcome.

But with God you need never despair. As much as you want to overcome this sin, you can be sure that your Father in Heaven desires this even more than you do.

*This is an unbeatable combination: you and your all-powerful Father.*

**You will win.** God knows you and all your failings. He loves you and wants you to be free. You only need to:

- Hope in God's help
- Be open to His grace
- Have a Plan of Life
- Persevere

# MAKE A FIRM RESOLUTION

Any man who wants to be pure must resolve himself to pay the price to win this struggle. No great battle is ever won without difficulty and pain. It will require self-denial, but the rewards of victory will be great.

*Take a moment, preferably before the Blessed Sacrament and an image of the Crucifixion, and ask God for the grace to want this freedom and to pay the price to acquire it.*

At this same moment, it is helpful to ask the Blessed Mother and St. Joseph to pray for you and to help you in your struggle. You should renew this prayer frequently throughout your life.

# PORNOGRAPHY PREVENTS MEN FROM LIVING LIVES OF DIGNITY

- These sins against purity are serious/mortal because they are betrayals of yourself on a very fundamental level. When you sin in this way, you misuse your sexual powers that are made by God to express love for a wife and to bring new life into the world.
- A man should guard his home and the people that he loves from all danger and evil, because he is the door of the family. The man who commits impurity allows these evils to enter his home and to have contact with his wife, children and loved ones.

*These things are not written to make you feel guilty, but to give a greater sense of urgency to resolve to engage in this fight.*

- One of the fundamental characteristics of being a man is the duty to use your strength to protect what is good and beautiful, to honor motherhood and women. When a man uses pornography or fantasizes about women he is doing the exact opposite (In fact, many women rightly see pornography use as a betrayal). Not only is he failing to protect, but he is also victimizing someone's daughter, sister or mother. Regardless of whether the women are willing participants (and we need to think about what would drive them to this low) we are not excused from the guilt of exploitation.

# KNOW YOURSELF AND BE SMART

## EXAMINE YOUR PAST FALLS AND LEARN FROM THEM

Lust is parasitical on other emotions and moods. It generally does not gain power over us by itself but piggybacks on negative situations. Ask the help of the Holy Spirit to guide you:

- What were the circumstances prior to the fall into sin?
- What was your mood?
- Were you angry, frustrated, lonely or sad?
- How did you deal with these circumstances or feelings?

*Formulate a plan of how to deal with these moods in a healthy way with recreations and positive interpersonal contact. By having a plan you can defeat lust while it is still a distant threat.*

If you were in command of a unit of soldiers and led them into a place where a hidden dug-in enemy ambushed you and forced you to retreat with heavy losses, you would not approach the enemy the same way the next time you were on patrol. You would not allow your enemy to choose the ground for the battle, but would pick ground more favorable to you. Know the terrain, find your high ground and fight your battle for purity there.

## USE THE INTERNET WELL

*Know your weaknesses and change some habits to deal with them. Internet use is often a source of great temptation. It is vital to develop a new attitude:*

- Stop using it for recreation.
- Do not use the internet at times of day when you are regularly tempted.
- Say a prayer as you go onto the internet and throughout your use.
- Use the internet with a purpose. Know what you want, get it as quickly as possible and log off.

For a person struggling with pornography, the internet is a very dangerous place. Being online is like swimming in a shark tank. A person would need a pretty good reason to get into a shark tank. He would be as quick and as careful as possible, and if he were smart he would be praying throughout. This needs to be your attitude toward the internet and other digital media.