



JUST A GUY IN THE PEW
THE NARROW ROAD.

JULY 2022 | CHASTITY

*In loving memory of Bill Platten.
A leader, a mentor, a friend.*



THE NARROW ROAD

THE EVERYDAY GUIDE FOR THE EVERYDAY GUY



NOT YET A MEMBER OF “THE NARROW ROAD”?

LEARN MORE ABOUT IT, PLUS SIGN UP AT
[JUSTAGUYINTHEPEW.COM/THE-NARROW-ROAD](https://justaguyinthepew.com/the-narrow-road)

OR SCAN THE QR CODE.

TABLE OF CONTENTS

WELCOME	6
OPPORTUNITY FOR GRACE CHART	8
REFLECTION ON THE VIRTUE OF CHASTITY	10
VIRTUE PLAN FOR THE MONTH	13
WEEK 1: CHASTITY AND GOD	14
WEEK 2: CHASTITY AND MY WIFE	32
WEEK 3: CHASTITY AND MY CHILDREN	50
WEEK 4: CHASTITY AND MY NEIGHBOR	68
HELPFUL PRAYERS	91

WELCOME

Brothers in Christ,

I am so excited to deliver this resource to you. As I look back over the years at what God has had us doing at Just a Guy in the Pew, it has become obvious that His goal for our ministry is to help men become virtuous. Jesus didn't ask us to be merely "good" men; no He called us to be great men. In order for this to happen, we need to leave vice and selfishness behind and trade it in for virtue and selflessness. That is what will help us achieve the goal that Christ has for us all. That goal is holiness. In the words of St. Gregory of Nyssa, "The goal of a virtuous life is to become like God." What is God? He is holy and that's what we should hope to become as well.

The *Catechism* defines virtue in this way: "A virtue is a habitual and firm disposition to do the good. It allows the person not only to perform good acts, but to give the best of himself. The virtuous person tends toward the good with all his sensory and spiritual powers; he pursues the good and chooses it in concrete actions" (CCC1803). Did you catch that? It says in order to be virtuous we need a habitual and firm disposition. This is where I think most men struggle. Most of us desire to do good. We desire to BE good. The problem is we don't have a system in place to form the necessary habits that shore up our will. We have the intention of being virtuous, but the road to hell is paved with good intentions, as they say. As men, we need structure and accountability to help us practice and live out virtue in our lives. Put pieces of wood for building a desk in front of a guy without directions or tools and the wood will soon be pushed to the side with a promise of getting to it later. Put that same wood in front of a guy with directions and a screw gun and he will build it in an hour. You see, the desire is there, we just need good directions.

That is what I hope these books can be for you every month. In them, you will be able to practice a singular virtue over 30 days in the different relationships of your life. This will help you dial your focus in on one virtue each month and will help keep you from feeling overwhelmed. Feeling overwhelmed is what makes most guys put something down. That's why we have made each day as simple as possible for you. We have even included the daily Gospel reading for you to read and reflect on what God is sharing with you personally that day. That in itself will help transform your life.

You also will have the opportunity to list out the ways in which you have practiced that month's particular virtue in the four different relationships in your life. Those are your relationship with God, your relationship with your spouse, your relationship with your children, and your relationship with your neighbor. These are the places God wants us to grow in virtue. He uses the very people He puts in front of you each

day as opportunities to grow in virtue and holiness. If you are not married and do not have children, use those two weeks to continue to grow your relationship with God and your neighbor while praying for your future spouse and children.

The last piece we have included is the Opportunity for Grace Chart. This is not a commitment sheet but is exactly what it is called. It's an opportunity for grace. It is a list made up of simple yet powerful practices you can begin to put into place in your life. These are opportunities you can seek out throughout the month to receive God's grace or pass it along to your family or others. Most guys beat themselves up for what they don't do. This is an opportunity to shine light on the progress you are making each week in your spiritual life. It's a chance to see the positive instead of the negative.

It is my hope and prayer that you will find this simple yet powerful tool helpful. I hope that you will use this book each day to help continue on the path to holiness. If your goal is to be the man that God created you to be, then this will get you going in the right direction. I look forward to walking this journey towards becoming virtuous men beside you.

**In Christ,
John**

OPPORTUNITIES FOR GRACE

DAY	MORNING PRAYER	THE NARROW ROAD	DAILY MASS	CONFESSION	ADORATION	TIME WITH WIFE	TIME WITH KIDS	NIGHT PRAYER/ EXAMEN	SUNDAY MASS
1									
2									
3									
4									
5									
6									
7									
8									
9									
10									
11									
12									
13									
14									
15									

DAY	MORNING PRAYER	THE NARROW ROAD	DAILY MASS	CONFESSION	ADORATION	TIME WITH WIFE	TIME WITH KIDS	NIGHT PRAYER/ EXAMEN	SUNDAY MASS
16									
17									
18									
19									
20									
21									
22									
23									
24									
25									
26									
27									
28									
29									
30									
31									

THE VIRTUE OF CHASTITY

My Brothers,

This month we are embarking on a journey to grow in the virtue of chastity. I don't know that there is a virtue that men of this world and, quite frankly, the women of this world, need more right now. You don't have to look around long to see the damage that is being done to our brothers and sisters by the over-sexualization of our culture. You can see the influence of it through the rising numbers of abortions, divorces, same sex attraction, and gender identity confusion that is running rampant in today's world. We need to be part of the solution, and start turning the tide back to morally sound behavior. We need to master our urges before they master us. The way we do that is to come to understand the virtue of chastity and then begin living it in our lives.

The virtue of chastity falls under the cardinal virtue of temperance, because it helps to govern the passions and desires of a man with reason. We were not made to be like the animals that are simply unable to control their urges and give in easily to their passions. No, we are able to use reason, and therefore have a choice in the way we behave. The Catechism of the Catholic Church states that, "Chastity includes an apprenticeship in self-mastery which is training in human freedom." (CCC 2339) It also goes on to say that "Whosoever wants to remain faithful to his baptismal promises and resist temptations will want to adopt the means for doing so: self-knowledge, practice of an asceticism adapted to the situations that confront him, obedience to God's commandments, exercise of the moral virtues and fidelity to prayer." (CCC 2340) Chastity is hard. It requires self-discipline and a sense of diligence that should come from a desire to love and serve God with a clean heart. We should want to live out the virtue of chastity because Jesus is the model of chastity. He governed his passions and exemplified to us that having a chaste heart lends itself to become a total gift of self to all those we come in contact with. Some people pigeon-hole chastity into just being about sex. That is a big part of it, but Jesus shows us that it is about more than that. He shows us that it is about gaining control over all our selfish desires and truly living for the good of the other. Jesus shows us, as the catechism tells us, that "Chastity is a gift from God, a grace, a fruit of spiritual effort." (CCC 2345) It is through this grace, and the power of the Holy Spirit that we received at our baptism, that we can imitate the purity of Jesus.

Look guys, I know it is hard to have a chaste heart with all the things the world is throwing at you and the ease with which you can find things that lead you away from chastity. I know it is hard to truly give of yourself to others. It is no different, though, than the rest of the call of Christianity. We are called to do hard things.

Through the example of Jesus and the gift of the Holy Spirit we are able to overcome and grow past those hard things. We have to desire it, though. We have to make up our mind that we are going to be done with the things of the world that seek to rob us of virtue and fill us with vice. Chastity is one of the biggest struggles you will face as a man. It is also one of the greatest paths you can find to becoming the man God desires you to be. People always say that nothing good ever comes easy. There is truth in that. This month let's walk together in the virtue of chastity and pray for one another. Many of you may struggle with this particular vice. That is ok, you are not alone. We have the grace of Jesus Christ, the power of the Holy Spirit and the support of this community to help us all begin to pursue a pure and chaste heart.

VIRTUE PLAN FOR THE MONTH

VIRTUE: CHASTITY

MOTTO:

"A clean heart create for me, God; renew within me a steadfast spirit."

— Psalm 51:12

ROOT SINS:

Lust

WHERE DO I SEE THESE SINS IN MY LIFE?

1. _____
2. _____
3. _____
4. _____

PLAN TO FORM CHASTITY

WEEK 1: Chastity and God

WEEK 2: Chastity and My Wife

WEEK 3: Chastity and My Children

WEEK 4: Chastity and My Neighbor

PRAYER FOR CHASTITY

"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 Christlike 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." **Amen**

WEEK 1 REFLECTION:

CHASTITY AND GOD

God created us to be men of virtue. He created us to be the spiritual leaders of our families and his church. Too often today, though, we as men are choosing the easier path, giving into comfort and our urges and desires of the flesh. The reason we find ourselves drowning in an over-sexualized culture is because so many of us are not choosing to stand up to it and have become a part of it by our choices. If we want the world to change then we have to make the decision to be different. We have to choose God and then keep doing the hard work to continue choosing God. We are going to fail sometimes, but it isn't about failing, it's about getting back up again and continuing to choose virtue in our lives. I have made mistakes. Many men have made mistakes. One of those men that sinned against chastity was King David, and I want to use that as an example here.

David had been a man that lived with a chaste heart from the time God anointed him through Samuel. Even though he spent his earlier years being chased and harassed by a jealous King Saul, David always sought the Lord's council and did his best to live for God first. He fought wars for God. He spared Saul's life twice because he was anointed by God as well. He lived as a virtuous man for many years. Then some of that started to change. David had always gone out to wars with his men. That's what kings did back then: they both led and protected their people in battle. David was good and true to that for a long time. Then one day that changed. 2 Samuel 11:1 tells us that, "In the spring of the year, the time when kings go forth to battle, David sent Jo'ab, and his servants with him, and all Israel, and they ravaged the Ammonites, and besieged Rabbah. But David remained at Jerusalem." This was the first time David chose to stay home. It even says that "Late one afternoon David arose from his couch." (1 Samuel 11:2) While David's men were out fighting for him, he was taking a nap. He got comfortable. He became lazy. He chose not to fight. That choice led him to stay home, and he found himself at a crossroads where he made some bad decisions.

When David got off the couch, he took a walk on his roof and saw a beautiful woman bathing. One of his servants told him it was Bathsheba, the wife of one of his best friends and soldiers, Uriah. David had a choice in this moment to live out the virtue of chastity, but he instead chose his own selfish desires. In spite of the knowledge that this woman was his friend's wife, David had Bathsheba brought to him and he slept with her, probably against her will. Bathsheba soon became pregnant, and David plotted to get Uriah, who had returned from battle, to go home and sleep with her so he would think the child was his. Uriah would not return home to be with his wife because there were still many men in battle, so instead he slept at the door of David's house. David even tried to get him drunk to lower his resolve in the hopes he would go home to be with his wife. But Uriah proved himself to be a man of virtue and still would not leave his post. When these attempts failed, King David had his men send Uriah into the fiercest part of the battle, knowing he stood a great chance of being killed. In fact, he was killed, and David took Bathsheba as his wife after he had his friend killed.

Two men made very different choices. One man chose virtue and loyalty. The other chose his own selfish desires and sinned against chastity. David's choice led him down the road to become not only an adulterer but a murderer as well. He allowed the desires of the flesh to override his reason, and it caused him to commit some grave sins. Our choices will do the same if we are not seeking out the virtue of chastity in our lives.

David faced consequences for his choices. God did not allow the son David bore with Bathsheba to survive. Some of David's future children turned against each other, and one of them even raped his own sister. The choices we make matter not only for us but for those around us. This is why we need to make sure we are pursuing chaste hearts. Lust and all other forms of temptations await us as men each and every day. How we chose to deal with them means everything. David allowed his desires to get the best of him and many people paid the price for it. WE need to learn from his mistake and keep that knowledge close in our minds and hearts as we are faced with the temptations of the world.

Even though David made some bad mistakes, God still loved him. David was still God's anointed. You and I both have made mistakes in our lives and have chosen our desires over the virtue of chastity. God continues to love us as He continues to love David. He only waits for us to come to Him and ask for His forgiveness. In Psalm 51, David did just that. He went to the Lord and prayed for cleansing and pardon. He also asked the Lord for a clean heart. In Psalm 51:10, David prayed, "Create in me a clean heart, O God, and put a new and right spirit within me." We need to do the same thing. As we move further through this month working in this virtue, let us pray this prayer of David together each day, so that we can live with chaste hearts the way that God intended for us, too.

WEEK 1: CHASTITY AND GOD

JULY 1, 2022

THOUGHTS FROM THE CHURCH

"Chastity, or cleanness of heart, holds a glorious and distinguished place among the virtues, because she, alone, enables man to see God; hence Truth itself said, 'Blessed are the clean of heart, for they shall see God.'"

— St. Augustine of Hippo



GOSPEL

MT 9:9-13

FRIDAY OF THE THIRTEENTH WEEK IN ORDINARY TIME

As Jesus passed on from there, he saw a man called Matthew sitting at the tax office; and he said to him, "Follow me." And he rose and followed him. And as he sat at table in the house, behold, many tax collectors and sinners came and sat down with Jesus and his disciples. And when the Pharisees saw this, they said to his disciples, "Why does your teacher eat with tax collectors and sinners?" But when he heard it, he said, "Those who are well have no need of a physician, but those who are sick. Go and learn what this means, 'I desire mercy, and not sacrifice.' For I came not to call the righteous, but sinners."

[illegible]

HOW HAVE I SHOWN MY CHASTITY TO GOD TODAY?

WEEK 1: CHASTITY AND GOD

JULY 2, 2022

THOUGHTS FROM THE CHURCH

"We must be pure. I do not speak merely of the purity of the senses. We must observe great purity in our will, in our intentions, in all our actions."

— St. Peter Julian Eymard



SAY THE PRAYER FOR CHASTITY

GOSPEL

MT 9:14-17

SATURDAY OF THE THIRTEENTH WEEK IN ORDINARY TIME

Then the disciples of John came to him, saying, "Why do we and the Pharisees fast, but your disciples do not fast?" And Jesus said to them, "Can the wedding guests mourn as long as the bridegroom is with them? The days will come, when the bridegroom is taken away from them, and then they will fast. And no one puts a piece of unshrunk cloth on an old garment, for the patch tears away from the garment, and a worse tear is made. Neither is new wine put into old wineskins; if it is, the skins burst, and the wine is spilled, and the skins are destroyed; but new wine is put into fresh wineskins, and so both are preserved."

This image shows a single sheet of white paper with horizontal ruling lines. The lines are evenly spaced and extend across the width of the page. There are no margins, text, or other markings on the paper.

HOW HAVE I SHOWN MY CHASTITY TO GOD TODAY?

WEEK 1: CHASTITY AND GOD

JULY 3, 2022

THOUGHTS FROM THE CHURCH

"The pure soul is a beautiful rose, and the Three Divine Persons descend from Heaven to inhale its fragrance."

— St. John Vianney



SAY THE PRAYER FOR CHASTITY

GOSPEL

LK 10:1-12, 17-20

FOURTEENTH SUNDAY IN ORDINARY TIME

After this the Lord appointed seventy others, and sent them on ahead of him, two by two, into every town and place where he himself was about to come. And he said to them, "The harvest is plentiful, but the laborers are few; pray therefore the Lord of the harvest to send out laborers into his harvest. Go your way; behold, I send you out as lambs in the midst of wolves. Carry no purse, no bag, no sandals; and salute no one on the road. Whatever house you enter, first say, 'Peace be to this house!' And if a son of peace is there, your peace shall rest upon him; but if not, it shall return to you. And remain in the same house, eating and drinking what they provide, for the laborer deserves his wages; do not go from house to house. Whenever you enter a town and they receive you, eat what is set before you; heal the sick in it and say to them, 'The kingdom of God has come near to you.' But whenever you enter a town and they do not receive you, go into its streets and say, 'Even the dust of your town that clings to our feet, we wipe off against you; nevertheless know this, that the kingdom of God has come near.' I tell you, it shall be more tolerable on that day for Sodom than for that town. The seventy returned with joy, saying, "Lord, even the demons are subject to us in your name!" And he said to them, "I saw Satan fall like lightning from

heaven. Behold, I have given you authority to tread upon serpents and scorpions, and over all the power of the enemy; and nothing shall hurt you. Nevertheless do not rejoice in this, that the spirits are subject to you; but rejoice that your names are written in heaven.”

WHAT IS GOD SAYING TO ME IN THIS GOSPEL?

ACTS OF CHASTITY

HOW HAVE I SHOWN MY CHASTITY TO GOD TODAY?

WEEK 1: CHASTITY AND GOD

JULY 4, 2022

THOUGHTS FROM THE CHURCH

“God bestows more consideration on the purity of the intention with which our actions are performed than on the actions themselves.”

— **St. Augustine of Hippo**



GOSPEL

MT 9:18-26

MONDAY OF THE FOURTEENTH WEEK IN ORDINARY TIME

While he was thus speaking to them, behold, a ruler came in and knelt before him, saying, “My daughter has just died; but come and lay your hand on her, and she will live.” And Jesus rose and followed him, with his disciples. And behold, a woman who had suffered from a hemorrhage for twelve years came up behind him and touched the fringe of his garment; for she said to herself, “If I only touch his garment, I shall be made well.” Jesus turned, and seeing her he said, “Take heart, daughter; your faith has made you well.” And instantly the woman was made well. And when Jesus came to the ruler’s house, and saw the flute players, and the crowd making a tumult, he said, “Depart; for the girl is not dead but sleeping.” And they laughed at him. But when the crowd had been put outside, he went in and took her by the hand, and the girl arose. And the report of this went through all that district.

This image shows a single sheet of white paper with horizontal ruling lines. The lines are evenly spaced and extend across the width of the page. There are no margins, text, or other markings on the paper.

WEEK 1: CHASTITY AND GOD

JULY 5, 2022

THOUGHTS FROM THE CHURCH

“Chastity is the lily of virtues, and makes men almost equal to Angels. Everything is beautiful in accordance with its purity. Now the purity of man is chastity, which is called honesty, and the observance of it, honor and also integrity; and its contrary is called corruption; in short, it has this peculiar excellence above the other virtues, that it preserves both soul and body fair and unspotted.”

— St. Francis de Sales



SAY THE PRAYER FOR CHASTITY

GOSPEL

MT 9:32-38

TUESDAY OF THE FOURTEENTH WEEK IN ORDINARY TIME

As they were going away, behold, a dumb demoniac was brought to him. And when the demon had been cast out, the dumb man spoke; and the crowds marveled, saying, “Never was anything like this seen in Israel.” But the Pharisees said, “He casts out demons by the prince of demons.” And Jesus went about all the cities and villages, teaching in their synagogues and preaching the gospel of the kingdom, and healing every disease and every infirmity. When he saw the crowds, he had compassion for them, because they were harassed and helpless, like sheep without a shepherd. Then he said to his disciples, “The harvest is plentiful, but the laborers are few; pray therefore the Lord of the harvest to send out laborers into his harvest.”

[illegible]

HOW HAVE I SHOWN MY CHASTITY TO GOD TODAY?

[illegible]

WEEK 1: CHASTITY AND GOD

JULY 6, 2022

THOUGHTS FROM THE CHURCH

"Chastity includes an *apprenticeship in self-mastery* which is a training in human freedom. The alternative is clear: either man governs his passions and finds peace, or he lets himself be dominated by them and becomes unhappy."

— Catechism of the Catholic Church, 2339

SAY THE PRAYER FOR CHASTITY

GOSPEL

MT 10:1-7

WEDNESDAY OF THE FOURTEENTH WEEK IN ORDINARY TIME

And he called to him his twelve disciples and gave them authority over unclean spirits, to cast them out, and to heal every disease and every infirmity. The names of the twelve apostles are these: first, Simon, who is called Peter, and Andrew his brother; James the son of Zeb'edee, and John his brother; Philip and Bartholomew; Thomas and Matthew the tax collector; James the son of Alphaeus, and Thaddaeus; Simon the Cananaean, and Judas Iscariot, who betrayed him. These twelve Jesus sent out, charging them, "Go nowhere among the Gentiles, and enter no town of the Samaritans, but go rather to the lost sheep of the house of Israel. And preach as you go, saying, 'The kingdom of heaven is at hand.'

[illegible]

HOW HAVE I SHOWN MY CHASTITY TO GOD TODAY?

[illegible]

WEEK 1: CHASTITY AND GOD

JULY 7, 2022

THOUGHTS FROM THE CHURCH

"Purity is the fruit of prayer."

— St. Teresa of Calcutta

 SAY THE PRAYER FOR CHASTITY

GOSPEL

MT 10:7-15

THURSDAY OF THE FOURTEENTH WEEK IN ORDINARY TIME

And preach as you go, saying, 'The kingdom of heaven is at hand.' Heal the sick, raise the dead, cleanse lepers, cast out demons. You received without pay, give without pay. Take no gold, nor silver, nor copper in your belts, no bag for your journey, nor two tunics, nor sandals, nor a staff; for the laborer deserves his food. And whatever town or village you enter, find out who is worthy in it, and stay with him until you depart. As you enter the house, salute it. And if the house is worthy, let your peace come upon it; but if it is not worthy, let your peace return to you. And if anyone will not receive you or listen to your words, shake off the dust from your feet as you leave that house or town. Truly, I say to you, it shall be more tolerable on the day of judgment for the land of Sodom and Gomor'rah than for that town.

This image shows a single sheet of white paper with horizontal ruling lines. The lines are evenly spaced and run across the width of the page. There are no margins, text, or other markings on the paper.

HOW HAVE I SHOWN MY CHASTITY TO GOD TODAY?

[illegible]

WEEK 2 REFLECTION:

CHASTITY AND MY WIFE

**If you are not married and do not have children, use this week to continue to grow your relationship with God and your neighbor while praying for your future spouse and children.*

Pope Saint John Paul II once said, "It is the duty of every man to uphold the dignity of every woman." In today's world this seems like a lost art. Now more than ever, men treat woman like objects to be used to fulfill their every need. Today's world promotes a hookup culture and leads men to treat women more like objects instead of human beings. We cannot let that kind of evil find its way into our marriages. That is why we need to live out the virtue of chastity. If we are truly seeking a chaste heart and desire to respect the dignity of our wives, then we will carve out a strong foothold against this sort of thinking.

Gentlemen, I don't have to tell you about all the ways in which the devil is trying to destroy the family. All you have to do is turn on the news to see it. One of the greatest tools he has to destroy a marriage is lust. He knows that all it takes for a man to start going down the wrong path is place a beautiful woman in that man's way. Within seconds most men will be imagining all sorts of things about that woman. I know this to be true because I have to fight it on a daily basis. Lust is one of the most damaging things to a marriage. I can't tell you the countless number of men that have written into the show or approached me at a men's event or conference that tell me that their marriage is on the brink of destruction due to their infidelity. Some of the men have stepped outside of their marriage and have been with other women. Most of them, though, have cheated on their wives through pornography and impurity of self. When I talked with them, most of the conversations lean towards the men telling me that they just weren't finding fulfillment in their wives anymore. Many of them say that their wives weren't meeting their needs. In this lies the problem. Our wives weren't put on this earth to simply meet our needs. They are not objects waiting to meet our every need and desire. They are human beings with dignity that God gave us to love and serve. When we begin to seek to be served in our lives, then we start leaning towards the selfish desires that all of us have within us. This causes issues in our marriages and does all sorts of damage to them. We have to stop simply thinking about how we need to be served and have our desires met and start thinking about how we are to serve and meet the desires of our spouses. When we live with this sort of mindset, it creates a greater form of love within us. We begin to be able to resist the lustful temptations we face because of the authentic love we have for our spouses. I have been able to fight the temptations of lust and the use of pornography in my life not because of sheer will power, but due to the fact that I love my wife and I want to do everything I can to honor her. I started to realize that watching porn was not only harmful to me but to the dignity of my wife. Even though she might never know when I have fallen, I still knew. I started to think about how I would feel if I knew my wife was watching pornography. I didn't like the way that felt, and I didn't want to ever cause her to feel that way either.

My brothers, the world needs men to set examples of what it means to be a man who lives his marriage well. If we are to be these men, then we have to start changing our mindset on how we deal with lust and temptation. We have to start looking at our wives as the gift from God that they are. We need to start putting them first and

seek to serve them well. In doing this, we will find ourselves loving our wives even more than we thought possible and our desire to have a chaste heart will grow. Chastity in our marriage really is about seeking to honor the gift of the other person. We need to move away from the temptation to objectify our wives and instead start honoring them as the gift that they are. When we start to make this change, we begin to become the husbands God desires for us to be. Men full of love and appreciation for our beloved with chaste hearts.

WEEK 2: CHASTITY AND MY WIFE

JULY 8, 2022

THOUGHTS FROM THE CHURCH

“Chastity isn’t about following a bunch of rules so you don’t go to hell. It’s about wanting Heaven for the person you love.”

— Jason Evert, Chastity Speaker -The Chastity Project



GOSPEL

MT 10:16-23

FRIDAY OF THE FOURTEENTH WEEK IN ORDINARY TIME

“Behold, I send you out as sheep in the midst of wolves; so be wise as serpents and innocent as doves. Beware of men; for they will deliver you up to councils, and flog you in their synagogues, and you will be dragged before governors and kings for my sake, to bear testimony before them and the Gentiles. When they deliver you up, do not be anxious how you are to speak or what you are to say; for what you are to say will be given to you in that hour; for it is not you who speak, but the Spirit of your Father speaking through you. Brother will deliver up brother to death, and the father his child, and children will rise against parents and have them put to death; and you will be hated by all for my name’s sake. But he who endures to the end will be saved. When they persecute you in one town, flee to the next; for truly, I say to you, you will not have gone through all the towns of Israel, before the Son of man comes.

[illegible]

HOW HAVE I SHOWN CHASTITY IN MY RELATIONSHIP WITH MY WIFE TODAY?

[illegible]

WEEK 2: CHASTITY AND MY WIFE

JULY 9, 2022

THOUGHTS FROM THE CHURCH

“Do not say that you have chaste minds if you have unchaste eyes, because an unchaste eye is the messenger of an unchaste heart.”

— St. Augustine of Hippo



GOSPEL

MT 10:24-33

SATURDAY OF THE FOURTEENTH WEEK IN ORDINARY TIME

“A disciple is not above his teacher, nor a servant above his master; it is enough for the disciple to be like his teacher, and the servant like his master. If they have called the master of the house Be-el'zebul, how much more will they malign those of his household. “So have no fear of them; for nothing is covered that will not be revealed, or hidden that will not be known. What I tell you in the dark, utter in the light; and what you hear whispered, proclaim upon the housetops. And do not fear those who kill the body but cannot kill the soul; rather fear him who can destroy both soul and body in hell. Are not two sparrows sold for a penny? And not one of them will fall to the ground without your Father’s will. But even the hairs of your head are all numbered. Fear not, therefore; you are of more value than many sparrows. So everyone who acknowledges me before men, I also will acknowledge before my Father who is in heaven; but whoever denies me before men, I also will deny before my Father who is in heaven.

This image shows a blank sheet of white paper with horizontal ruling lines. The lines are evenly spaced and run across the width of the page. There are no margins, text, or other markings on the paper.

HOW HAVE I SHOWN CHASTITY IN MY RELATIONSHIP WITH MY WIFE TODAY?

[illegible]

WEEK 2: CHASTITY AND MY WIFE

JULY 10, 2022

THOUGHTS FROM THE CHURCH

"Christ has assigned as a duty to every man the dignity of every woman."

— St. Pope John Paul II



GOSPEL

LK 10:25-37

FIFTEENTH SUNDAY IN ORDINARY TIME

"And behold, a lawyer stood up to put him to the test, saying, "Teacher, what shall I do to inherit eternal life?" He said to him, "What is written in the law? How do you read?" And he answered, "You shall love the Lord your God with all your heart, and with all your soul, and with all your strength, and with all your mind; and your neighbor as yourself." And he said to him, "You have answered right; do this, and you will live." But he, desiring to justify himself, said to Jesus, "And who is my neighbor?" Jesus replied, "A man was going down from Jerusalem to Jericho, and he fell among robbers, who stripped him and beat him, and departed, leaving him half dead. Now by chance a priest was going down that road; and when he saw him he passed by on the other side. So likewise a Levite, when he came to the place and saw him, passed by on the other side. But a Samaritan, as he journeyed, came to where he was; and when he saw him, he had compassion, and went to him and bound up his wounds, pouring on oil and wine; then he set him on his own beast and brought him to an inn, and took care of him. And the next day he took out two denarii and gave them to the innkeeper, saying, 'Take care of him; and whatever more you spend, I will repay you when I come back.' Which of these three, do you think, proved neighbor to the man who fell among the robbers?" He said, "The one who showed mercy on him." And Jesus said to him, "Go and do likewise."

[illegible]

HOW HAVE I SHOWN CHASTITY IN MY RELATIONSHIP WITH MY WIFE TODAY?

WEEK 2: CHASTITY AND MY WIFE

JULY 11, 2022

THOUGHTS FROM THE CHURCH

“Only the chaste man and the chaste woman are capable of true love.”

— St. Pope John Paul II

 SAY THE PRAYER FOR CHASTITY

GOSPEL

MT 10:34-11:1

MEMORIAL OF SAINT BENEDICT, ABBOT

“Do not think that I have come to bring peace on earth; I have not come to bring peace, but a sword. For I have come to set a man against his father, and a daughter against her mother, and a daughter-in-law against her mother-in-law; and a man’s foes will be those of his own household. He who loves father or mother more than me is not worthy of me; and he who loves son or daughter more than me is not worthy of me; and he who does not take his cross and follow me is not worthy of me. He who finds his life will lose it, and he who loses his life for my sake will find it. “He who receives you receives me, and he who receives me receives him who sent me. He who receives a prophet because he is a prophet shall receive a prophet’s reward, and he who receives a righteous man because he is a righteous man shall receive a righteous man’s reward. And whoever gives to one of these little ones even a cup of cold water because he is a disciple, truly, I say to you, he shall not lose his reward.” And when Jesus had finished instructing his twelve disciples, he went on from there to teach and preach in their cities.

This image shows a single sheet of white paper with horizontal ruling lines. The lines are evenly spaced and extend across the width of the page. There are no margins, text, or other markings on the paper.

HOW HAVE I SHOWN CHASTITY IN MY RELATIONSHIP WITH MY WIFE TODAY?

WEEK 2: CHASTITY AND MY WIFE

JULY 12, 2022

THOUGHTS FROM THE CHURCH

"All love craves unity. As the highest peak of love in the human order is the unity of husband and wife in the flesh, so the highest unity in the Divine order is the unity of the soul and Christ in communion."

— The Most Reverend Venerable Fulton J. Sheen



GOSPEL

MT 11:20-24

TUESDAY OF THE FIFTEENTH WEEK IN ORDINARY TIME

Then he began to upbraid the cities where most of his mighty works had been done, because they did not repent. "Woe to you, Chora'zin! woe to you, Beth-sa'ida! for if the mighty works done in you had been done in Tyre and Sidon, they would have repented long ago in sackcloth and ashes. But I tell you, it shall be more tolerable on the day of judgment for Tyre and Sidon than for you. And you, Caper'na-um, will you be exalted to heaven? You shall be brought down to Hades. For if the mighty works done in you had been done in Sodom, it would have remained until this day. But I tell you that it shall be more tolerable on the day of judgment for the land of Sodom than for you."

[illegible]

HOW HAVE I SHOWN CHASTITY IN MY RELATIONSHIP WITH MY WIFE TODAY?

WEEK 2: CHASTITY AND MY WIFE

JULY 13, 2022

THOUGHTS FROM THE CHURCH

“Deep within yourself, listen to your conscience which calls you to be pure . . . a home is not warmed by the fire of pleasure which burns quickly like a pile of withered grass. Passing encounters are only a caricature of love; they injure hearts and mock God’s plan.”

— Pope John Paul II



SAY THE PRAYER FOR CHASTITY

GOSPEL

MT 11:25-27

WEDNESDAY OF THE FIFTEENTH WEEK IN ORDINARY TIME

At that time Jesus declared, “I thank thee, Father, Lord of heaven and earth, that thou hast hidden these things from the wise and understanding and revealed them to babes; yea, Father, for such was thy gracious will. All things have been delivered to me by my Father; and no one knows the Son except the Father, and no one knows the Father except the Son and any one to whom the Son chooses to reveal him.

WHAT IS GOD SAYING TO ME IN THIS GOSPEL?

ACTS OF CHASTITY

HOW HAVE I SHOWN CHASTITY IN MY RELATIONSHIP WITH MY WIFE TODAY?

WEEK 2: CHASTITY AND MY WIFE

JULY 14, 2022

THOUGHTS FROM THE CHURCH

“When marriage exposes a person’s selfishness and sins it’s doing what it is meant to do: bringing our sins and wounds to light so we can recognize them, confess them, and begin the healing process.”

— Christopher West, Catholic Author and Theologian

 SAY THE PRAYER FOR CHASTITY

GOSPEL

MT 11:28-30

MEMORIAL OF SAINT KATERI TEKAKWITHA, VIRGIN

“Come to me, all who labor and are heavy laden, and I will give you rest. Take my yoke upon you, and learn from me; for I am gentle and lowly in heart, and you will find rest for your souls. For my yoke is easy, and my burden is light.”

This image shows a blank sheet of white paper with horizontal ruling lines. The lines are evenly spaced and extend across the width of the page. There are no margins, text, or other markings on the paper.

HOW HAVE I SHOWN CHASTITY IN MY RELATIONSHIP WITH MY WIFE TODAY?

[illegible]

WEEK 3 REFLECTION:

CHASTITY AND MY CHILDREN

**If you are not married and do not have children, use this week to continue to grow your relationship with God and your neighbor while praying for your future spouse and children.*

One of the most urgent places where the world needs men to be great examples of the virtue of chastity is with our children. I can't imagine what it must be like to be a post pubescent teenager in today's world. Everywhere young people turn they are surrounded by an over-sexualized culture. Disney movies are full of same-sex couples and innuendos. Cable tv is full of almost full-blown pornographic sex scenes. Social media and the internet allow sexual temptation to be at their fingertips. More and more young people see their peers having sex and getting pregnant. Without fathers willing to exemplify the virtue of chastity, our children don't stand a chance.

It is so easy sometimes to forget the influence we have as fathers over our children. It can feel at times as if we are the farthest person away from being able to influence them. This isn't the truth. Our children are always watching us. We are heroes to them, and they are always looking to us to learn what it means to be an adult. This is why it is so important to live chaste lives. If we want to protect our children from all the things I listed above, then we have to play an active role in their lives. We need to be talking to our children about what it means to be chaste and why it is important. I am not just talking about giving them the birds and the bees talk either, though that is important. We need to get into the why behind it. We need to discuss things like how God created us with dignity and that we need to see other people in their dignity. We need to share with them that not having sex isn't just about not getting someone pregnant, but it is about waiting to give the gift of themselves to the person that God made just for them. We share with them that it is about more than just denying themselves pleasure, it is about honoring God and the gift he has given us. Not enough men take the time to do this, and they find themselves angry with their children for the choices they make. Make no mistake, if we aren't talking with our children about this in our ways, the world is going to talk to them about it in their ways. This is happening far too often, and we are losing more and more of our children to it each day.

Our kids need us to be an example contrary to the world in this regard. The choices we make, much like King David's choices we talked about in the first week's reflection, affect them. If we don't want them watching movies that are over-sexualized then we need to stop watching movies that are. If we want them to understand how we are supposed to respect and treat one another then we have to exemplify it ourselves. If we want them to see what a holy marriage and a true love of a spouse looks like then we have to live that out in front of them. We need to look at our lives and choices as a movie that is playing out in front of our kids. What they witness from us is what they will learn and live out in their own lives. If we keep this in mind, then not only will it help our kids in their desire to have a clean heart, but it will also help ours.

Don't underestimate the power you have to be a great influence in your children's lives. I don't care how old they are. They will always look to you as an example. Quit watching and listening to things you wouldn't want your kids to see. Take the initiative to protect yourself and your family from things like sensuality and pornography by

getting something like Covenant Eyes. It is these kinds of examples that your children will see and want to emulate in their lives. If we want our children to respect the dignity of others and treat them as a gift, then we have to as well. This week, and for the rest of our lives, let's work on being the positive influence for chastity that our children sorely need us to be.

WEEK 3: CHASTITY AND MY CHILDREN

JULY 15, 2022

THOUGHTS FROM THE CHURCH

"The virtue of chastity blossoms in *friendship*. It shows the disciple how to follow and imitate him who has chosen us as his friends, who has given himself totally to us and allows us to participate in his divine estate."

— Catechism of the Catholic Church, 2347

 SAY THE PRAYER FOR CHASTITY

GOSPEL

MT 12:1-8

MEMORIAL OF SAINT BONAVENTURE, BISHOP AND DOCTOR OF THE CHURCH

At that time Jesus went through the grainfields on the sabbath; his disciples were hungry, and they began to pluck ears of grain and to eat. But when the Pharisees saw it, they said to him, "Look, your disciples are doing what is not lawful to do on the sabbath." He said to them, "Have you not read what David did, when he was hungry, and those who were with him: how he entered the house of God and ate the bread of the Presence, which it was not lawful for him to eat nor for those who were with him, but only for the priests? Or have you not read in the law how on the sabbath the priests in the temple profane the sabbath, and are guiltless? I tell you, something greater than the temple is here. And if you had known what this means, 'I desire mercy, and not sacrifice,' you would not have condemned the guiltless. For the Son of man is lord of the sabbath."

[illegible]

HOW HAVE I SHOWN CHASTITY IN MY RELATIONSHIP WITH MY CHILDREN TODAY?

[illegible]

WEEK 3: CHASTITY AND MY CHILDREN

JULY 16, 2022

THOUGHTS FROM THE CHURCH

“Chastity is a difficult, long-term matter; one must wait patiently for it to bear fruit, for the happiness of loving kindness which it must bring. But at the same time, chastity is the sure way to happiness.”

— St Pope John Paul II



SAY THE PRAYER FOR CHASTITY

GOSPEL

MT 12:14-21

SATURDAY OF THE FIFTEENTH WEEK IN ORDINARY TIME

But the Pharisees went out and took counsel against him, how to destroy him. Jesus, aware of this, withdrew from there. And many followed him, and he healed them all, and ordered them not to make him known. This was to fulfil what was spoken by the prophet Isaiah: “Behold, my servant whom I have chosen, my beloved with whom my soul is well pleased. I will put my Spirit upon him, and he shall proclaim justice to the Gentiles.

He will not wrangle or cry aloud, nor will anyone hear his voice in the streets; he will not break a bruised reed or quench a smoldering wick, till he brings justice to victory; and in his name will the Gentiles hope.”

WHAT IS GOD SAYING TO ME IN THIS GOSPEL?

ACTS OF CHASTITY

HOW HAVE I SHOWN CHASTITY IN MY RELATIONSHIP WITH MY CHILDREN TODAY?

WEEK 3: CHASTITY AND MY CHILDREN

JULY 17, 2022

THOUGHTS FROM THE CHURCH

"Blessed are the pure in heart, for they shall see God."

— Matthew 5:8

 SAY THE PRAYER FOR CHASTITY

GOSPEL

LK 10:38-42

SIXTEENTH SUNDAY IN ORDINARY TIME

Now as they went on their way, he entered a village; and a woman named Martha received him into her house. And she had a sister called Mary, who sat at the Lord's feet and listened to his teaching. But Martha was distracted with much serving; and she went to him and said, "Lord, do you not care that my sister has left me to serve alone? Tell her then to help me." But the Lord answered her, "Martha, Martha, you are anxious and troubled about many things; one thing is needful. Mary has chosen the good portion, which shall not be taken away from her."

WHAT IS GOD SAYING TO ME IN THIS GOSPEL?

ACTS OF CHASTITY

HOW HAVE I SHOWN CHASTITY IN MY RELATIONSHIP WITH MY CHILDREN TODAY?

WEEK 3: CHASTITY AND MY CHILDREN

JULY 18, 2022

THOUGHTS FROM THE CHURCH

"Parents need to consider what they want their children to be exposed to, and this necessarily means being concerned about who is providing their entertainment, who is entering their rooms through television and electronic devices, and with whom they are spending their free time."

— Pope Francis



GOSPEL

MT 12:38-42

MONDAY OF THE SIXTEENTH WEEK IN ORDINARY TIME

Then some of the scribes and Pharisees said to him, "Teacher, we wish to see a sign from you." But he answered them, "An evil and adulterous generation seeks for a sign; but no sign shall be given to it except the sign of the prophet Jonah. For as Jonah was three days and three nights in the belly of the whale, so will the Son of man be three days and three nights in the heart of the earth. The men of Nin'evah will arise at the judgment with this generation and condemn it; for they repented at the preaching of Jonah, and behold, something greater than Jonah is here. The queen of the South will arise at the judgment with this generation and condemn it; for she came from the ends of the earth to hear the wisdom of Solomon, and behold, something greater than Solomon is here."

[illegible]

HOW HAVE I SHOWN CHASTITY IN MY RELATIONSHIP WITH MY CHILDREN TODAY?

WEEK 3: CHASTITY AND MY CHILDREN

JULY 19, 2022

THOUGHTS FROM THE CHURCH

"Either we must speak as we dress, or dress as we speak. Why do we profess one thing and display another? The tongue talks of chastity, but the whole body reveals impurity."

— St. Jerome

 SAY THE PRAYER FOR CHASTITY

GOSPEL

MT 12:46-50

TUESDAY OF THE SIXTEENTH WEEK IN ORDINARY TIME

While he was still speaking to the people, behold, his mother and his brethren stood outside, asking to speak to him. But he replied to the man who told him, "Who is my mother, and who are my brethren?" And stretching out his hand toward his disciples, he said, "Here are my mother and my brethren! For whoever does the will of my Father in heaven is my brother, and sister, and mother."

This image shows a single sheet of white paper with horizontal ruling lines. The lines are evenly spaced and extend across the width of the page. There are no margins, text, or other markings on the paper.

HOW HAVE I SHOWN CHASTITY IN MY RELATIONSHIP WITH MY CHILDREN TODAY?

WEEK 3: CHASTITY AND MY CHILDREN

JULY 20, 2022

THOUGHTS FROM THE CHURCH

“When you decide firmly to lead a clean life, chastity will not be a burden on you: it will be a crown of triumph.”

— St. Josemaria Escriva

 SAY THE PRAYER FOR CHASTITY

GOSPEL

MT 13:1-9

WEDNESDAY OF THE SIXTEENTH WEEK IN ORDINARY TIME

That same day Jesus went out of the house and sat beside the sea. And great crowds gathered about him, so that he got into a boat and sat there; and the whole crowd stood on the beach. And he told them many things in parables, saying: “A sower went out to sow. And as he sowed, some seeds fell along the path, and the birds came and devoured them. Other seeds fell on rocky ground, where they had not much soil, and immediately they sprang up, since they had no depth of soil, but when the sun rose they were scorched; and since they had no root they withered away. Other seeds fell upon thorns, and the thorns grew up and choked them. Other seeds fell on good soil and brought forth grain, some a hundredfold, some sixty, some thirty. He who has ears, let him hear.”

[illegible]

HOW HAVE I SHOWN CHASTITY IN MY RELATIONSHIP WITH MY CHILDREN TODAY?

[illegible]

WEEK 3: CHASTITY AND MY CHILDREN

JULY 21, 2022

THOUGHTS FROM THE CHURCH

"A clean heart is a free heart. A free heart can love Christ with an undivided love in chastity, convinced that nothing and nobody will separate it from his love. Purity, chastity, and virginity created a special beauty in Mary that attracted God's attention. He showed his great love for the world by giving Jesus to her."

— St. Teresa of Calcutta

SAY THE PRAYER FOR CHASTITY

GOSPEL

MT 13:10-17

THURSDAY OF THE SIXTEENTH WEEK IN ORDINARY TIME

Then the disciples came and said to him, "Why do you speak to them in parables?" And he answered them, "To you it has been given to know the secrets of the kingdom of heaven, but to them it has not been given. For to him who has will more be given, and he will have abundance; but from him who has not, even what he has will be taken away. This is why I speak to them in parables, because seeing they do not see, and hearing they do not hear, nor do they understand. With them indeed is fulfilled the prophecy of Isaiah which says:

'You shall indeed hear but never understand,
and you shall indeed see but never perceive.

For this people's heart has grown dull,
and their ears are heavy of hearing,
and their eyes they have closed,
lest they should perceive with their eyes,

and hear with their ears,
and understand with their heart,
and turn for me to heal them.'

But blessed are your eyes, for they see, and your ears, for they hear. Truly, I say to you, many prophets and righteous men longed to see what you see, and did not see it, and to hear what you hear, and did not hear it.

WHAT IS GOD SAYING TO ME IN THIS GOSPEL?

ACTS OF CHASTITY

HOW HAVE I SHOWN CHASTITY IN MY RELATIONSHIP WITH MY CHILDREN TODAY?

WEEK 4 REFLECTION:

CHASTITY AND MY NEIGHBOR

We have talked about it a lot already in these reflections, but the best way we can live out the virtue of chastity in our relationship with our neighbor is through being a gift. So many people today treat people the opposite way. They look to objectify and use each other any way they can to get anything they want. That is not what Jesus instructed us to do. No, he told us to love one another as He loved us. One of the best ways to do that is to live contrary to the narrative of the world. We need to become better examples to those around us that don't know Jesus.

As I look back at my younger years, I can see so many times where I had an opportunity to exemplify a clean heart and I did not. In college I was in a fraternity. One of the main things guys talked about was the girls they had been with and their desire to be with more. So many of us talked about women as a quest to be conquered instead of a person. It was almost like you were an outcast if you weren't spending every waking moment trying to figure out how to get a girl to sleep with you. There were so many times where we all would go out on these "conquests" and then report back everything that happened. Guys were sitting around bragging about who they had been with and what they had done. Young women were being labeled by who was "easy" and who would be willing to be unchaste. Looking back now I am really disgusted by my part in it. I wasn't some innocent onlooker. I was right in the middle of all of it, treating women like an object and encouraging others to do the same by my behavior. I wish that I knew then just how hurtful all of that was to all those young women, but also the damage it was doing to each one of us. In the same way as with our children, we have great influence over others around us. Our choices and behaviors influence and allow others permission to behave in a similar manner. If we are standing around the water cooler at work partaking in degrading jokes about women or talking about our sexuality inappropriately, then we are both influencing and condoning this behavior. We are either part of the solution or part of the problem, guys. Jesus calls us to be part of the solution. He has set us apart. That calling deserves our response. It calls us to the higher road. If we have been party to encouraging others to objectify people, or to let their desires run rampant, then we need to stop. If you have been trying to be "just one of the guys" to fit in, stop it. We weren't created to fit in. We were created to stand out. We do this by putting our foot down when it comes to the things we allow ourselves to be involved in. If we want the world to be different, then we have to be different.

There are so many opportunities to offer fraternal correction and to show our brothers and sisters what it means to treat people as a gift. If we pay attention, they are there in front of us multiple times a day. The next time you hear someone talking about something inappropriate in a conversation, say something about it. If nothing else, chose to walk away. Surround yourself with people that are looking to live with clean hearts. Walk with others that are seeking to be the difference in the world that God has asked us to be. In becoming a man that chooses chastity in all things, we give the world a different choice. Let's stop complaining about the over-sexualization of the culture and the way things are and start doing something about it. Be the example of a clean heart that your neighbor desperately needs you to be.

WEEK 4: CHASTITY AND MY NEIGHBOR

JULY 22, 2022

THOUGHTS FROM THE CHURCH

"Humility is the safeguard of chastity. In the matter of purity, there is no greater danger than not fearing the danger. For my part, when I find a man secure of himself and without fear, I give him up for lost. I am less alarmed for one who is tempted and who resists by avoiding the occasions, than for one who is not tempted and is not careful to avoid occasions. When a person puts himself in an occasion, saying, I shall not fall, it is an almost infallible sign that he will fall, and with great injury to his soul."

— St. Philip Neri

SAY THE PRAYER FOR CHASTITY

GOSPEL

JN 20:1-2, 11-18

FEAST OF SAINT MARY MAGDALENE

Now on the first day of the week Mary Mag'dalene came to the tomb early, while it was still dark, and saw that the stone had been taken away from the tomb. So she ran, and went to Simon Peter and the other disciple, the one whom Jesus loved, and said to them, "They have taken the Lord out of the tomb, and we do not know where they have laid him."

But Mary stood weeping outside the tomb, and as she wept she stooped to look into the tomb; and she saw two angels in white, sitting where the body of Jesus had lain, one at the head and one at the feet. They said to her, "Woman, why are you weeping?" She said to them, "Because they have taken away my Lord, and I do not know where they have laid him." Saying this, she turned round and saw Jesus standing, but she did not know that it was Jesus. Jesus said to her, "Woman, why are you weeping? Whom do you seek?" Supposing him to be the gardener, she said to him, "Sir, if you have

carried him away, tell me where you have laid him, and I will take him away." Jesus said to her, "Mary." She turned and said to him in Hebrew, "Rab-bo'ni!" (which means Teacher). Jesus said to her, "Do not hold me, for I have not yet ascended to the Father; but go to my brethren and say to them, I am ascending to my Father and your Father, to my God and your God." Mary Mag'dalene went and said to the disciples, "I have seen the Lord"; and she told them that he had said these things to her.

WHAT IS GOD SAYING TO ME IN THIS GOSPEL?

ACTS OF CHASTITY

HOW HAVE I SHOWN CHASTITY IN MY RELATIONSHIP WITH MY CHILDREN TODAY?

WEEK 4: CHASTITY AND MY NEIGHBOR

JULY 23, 2022

THOUGHTS FROM THE CHURCH

"He alone loves the Creator perfectly who manifests a pure love for his neighbor."

— St. Bede the Venerable

 SAY THE PRAYER FOR CHASTITY

GOSPEL

MT 13:24-30

SATURDAY OF THE SIXTEENTH WEEK IN ORDINARY TIME

Another parable he put before them, saying, "The kingdom of heaven may be compared to a man who sowed good seed in his field; but while men were sleeping, his enemy came and sowed weeds among the wheat, and went away. So when the plants came up and bore grain, then the weeds appeared also. And the servants of the householder came and said to him, 'Sir, did you not sow good seed in your field? How then has it weeds?' He said to them, 'An enemy has done this.' The servants said to him, 'Then do you want us to go and gather them?' But he said, 'No; lest in gathering the weeds you root up the wheat along with them. Let both grow together until the harvest; and at harvest time I will tell the reapers, Gather the weeds first and bind them in bundles to be burned, but gather the wheat into my barn.'"

WHAT IS GOD SAYING TO ME IN THIS GOSPEL?

ACTS OF CHASTITY

HOW HAVE I SHOWN CHASTITY IN MY RELATIONSHIP WITH MY NEIGHBOR TODAY?

WEEK 4: CHASTITY AND MY NEIGHBOR

JULY 24, 2022

THOUGHTS FROM THE CHURCH

"In temptations against chastity, the spiritual masters advise us, not so much to contend with the bad thought, as to turn the mind to some spiritual, or, at least, indifferent object. It is useful to combat other bad thoughts face to face, but not thoughts of impurity."

— St. Alphonsus Liguori



GOSPEL

LK 11:1-13

SEVENTEENTH SUNDAY IN ORDINARY TIME

He was praying in a certain place, and when he ceased, one of his disciples said to him, "Lord, teach us to pray, as John taught his disciples." And he said to them, "When you pray, say: 'Father, hallowed be thy name. Thy kingdom come. Give us each day our daily bread; and forgive us our sins, for we ourselves forgive everyone who is indebted to us; and lead us not into temptation.'" And he said to them, "Which of you who has a friend will go to him at midnight and say to him, 'Friend, lend me three loaves; for a friend of mine has arrived on a journey, and I have nothing to set before him'; and he will answer from within, 'Do not bother me; the door is now shut, and my children are with me in bed; I cannot get up and give you anything'? I tell you, though he will not get up and give him anything because he is his friend, yet because of his importunity he will rise and give him whatever he needs. And I tell you, Ask, and it will be given you; seek, and you will find; knock, and it will be opened to you. For everyone who asks receives, and he who seeks finds, and to him who knocks it will be opened. What father among you, if his son asks for a fish, will instead of a fish give him a serpent; or if he asks for an egg, will give him a scorpion? If you then, who are evil, know how to give good gifts to your children, how much more will the heavenly Father give the Holy Spirit to those who ask him!"

WHAT IS GOD SAYING TO ME IN THIS GOSPEL?

ACTS OF CHASTITY

HOW HAVE I SHOWN CHASTITY IN MY RELATIONSHIP WITH MY NEIGHBOR TODAY?

WEEK 4: CHASTITY AND MY NEIGHBOR

JULY 25, 2022

THOUGHTS FROM THE CHURCH

"The man of impure speech is a "person whose lips are but an opening and a supply pipe which hell uses to vomit its impurities upon the earth."

— St. John Vianney

SAY THE PRAYER FOR CHASTITY

GOSPEL

MT 20:20-28

FEAST OF SAINT JAMES, APOSTLE

Then the mother of the sons of Zeb'edee came up to him, with her sons, and kneeling before him she asked him for something. And he said to her, "What do you want?" She said to him, "Command that these two sons of mine may sit, one at your right hand and one at your left, in your kingdom." But Jesus answered, "You do not know what you are asking. Are you able to drink the cup that I am to drink?" They said to him, "We are able." He said to them, "You will drink my cup, but to sit at my right hand and at my left is not mine to grant, but it is for those for whom it has been prepared by my Father." And when the ten heard it, they were indignant at the two brothers. But Jesus called them to him and said, "You know that the rulers of the Gentiles lord it over them, and their great men exercise authority over them. It shall not be so among you; but whoever would be great among you must be your servant, and whoever would be first among you must be your slave; even as the Son of man came not to be served but to serve, and to give his life as a ransom for many."

WHAT IS GOD SAYING TO ME IN THIS GOSPEL?

ACTS OF CHASTITY

HOW HAVE I SHOWN CHASTITY IN MY RELATIONSHIP WITH MY NEIGHBOR TODAY?

WEEK 4: CHASTITY AND MY NEIGHBOR

JULY 26, 2022

THOUGHTS FROM THE CHURCH

“There is need for a crusade of manliness and purity to counteract and nullify the savage work of those who think man is a beast. And that crusade is your work.”

— St. Josemaria Escriva



SAY THE PRAYER FOR CHASTITY

GOSPEL

MT 13:36-43

MEMORIAL OF SAINTS JOACHIM AND ANNE, PARENTS OF THE BLESSED VIRGIN MARY

Then he left the crowds and went into the house. And his disciples came to him, saying, “Explain to us the parable of the weeds of the field.” He answered, “He who sows the good seed is the Son of man; the field is the world, and the good seed means the sons of the kingdom; the weeds are the sons of the evil one, and the enemy who sowed them is the devil; the harvest is the close of the age, and the reapers are angels. Just as the weeds are gathered and burned with fire, so will it be at the close of the age. The Son of man will send his angels, and they will gather out of his kingdom all causes of sin and all evildoers, and throw them into the furnace of fire; there men will weep and gnash their teeth. Then the righteous will shine like the sun in the kingdom of their Father. He who has ears, let him hear.

WHAT IS GOD SAYING TO ME IN THIS GOSPEL?

ACTS OF CHASTITY

HOW HAVE I SHOWN CHASTITY IN MY RELATIONSHIP WITH MY NEIGHBOR TODAY?

WEEK 4: CHASTITY AND MY NEIGHBOR

JULY 27, 2022

THOUGHTS FROM THE CHURCH

“To defend his purity, Saint Francis of Assisi rolled in the snow, Saint Benedict threw himself into a thorn bush, and Saint Bernard plunged into an icy pond... You—what have you done?”

— St. Josemaria Escriva

 SAY THE PRAYER FOR CHASTITY

GOSPEL

MT 13:44-46

WEDNESDAY OF THE SEVENTEENTH WEEK IN ORDINARY TIME

“The kingdom of heaven is like treasure hidden in a field, which a man found and covered up; then in his joy he goes and sells all that he has and buys that field. “Again, the kingdom of heaven is like a merchant in search of fine pearls, who, on finding one pearl of great value, went and sold all that he had and bought it.

WHAT IS GOD SAYING TO ME IN THIS GOSPEL?

ACTS OF CHASTITY

HOW HAVE I SHOWN CHASTITY IN MY RELATIONSHIP WITH MY NEIGHBOR TODAY?

WEEK 4: CHASTITY AND MY NEIGHBOR

JULY 28, 2022

THOUGHTS FROM THE CHURCH

“More souls go to hell because of sins of the flesh than for any other reason.”

— Our Lady of Fatima

 SAY THE PRAYER FOR CHASTITY

GOSPEL

MT 13:47-53

THURSDAY OF THE SEVENTEENTH WEEK IN ORDINARY TIME

“Again, the kingdom of heaven is like a net which was thrown into the sea and gathered fish of every kind; when it was full, men drew it ashore and sat down and sorted the good into vessels but threw away the bad. So it will be at the close of the age. The angels will come out and separate the evil from the righteous, and throw them into the furnace of fire; there men will weep and gnash their teeth. “Have you understood all this?” They said to him, “Yes.” And he said to them, “Therefore every scribe who has been trained for the kingdom of heaven is like a householder who brings out of his treasure what is new and what is old.” And when Jesus had finished these parables, he went away from there.

WHAT IS GOD SAYING TO ME IN THIS GOSPEL?

ACTS OF CHASTITY

HOW HAVE I SHOWN CHASTITY IN MY RELATIONSHIP WITH MY NEIGHBOR TODAY?

WEEK 4: CHASTITY AND MY NEIGHBOR

JULY 29, 2022

THOUGHTS FROM THE CHURCH

"Filthy talk makes us feel comfortable with filthy action. But the one who knows how to control the tongue is prepared to resist the attacks of lust."

— Pope St. Clement I

 SAY THE PRAYER FOR CHASTITY

GOSPEL

JN 11:19-27

MEMORIAL OF SAINTS MARTHA, MARY, AND LAZARUS

And many of the Jews had come to Martha and Mary to console them concerning their brother. When Martha heard that Jesus was coming, she went and met him, while Mary sat in the house. Martha said to Jesus, "Lord, if you had been here, my brother would not have died. And even now I know that whatever you ask from God, God will give you." Jesus said to her, "Your brother will rise again." Martha said to him, "I know that he will rise again in the resurrection at the last day." Jesus said to her, "I am the resurrection and the life; he who believes in me, though he die, yet shall he live, and whoever lives and believes in me shall never die. Do you believe this?" She said to him, "Yes, Lord; I believe that you are the Christ, the Son of God, he who is coming into the world."

WHAT IS GOD SAYING TO ME IN THIS GOSPEL?

ACTS OF CHASTITY

HOW HAVE I SHOWN CHASTITY IN MY RELATIONSHIP WITH MY NEIGHBOR TODAY?

THOUGHTS FROM THE CHURCH

"God desires the smallest degree of purity of conscience in you more than all the works you can perform."

— St. John of the Cross



SAY THE PRAYER FOR CHASTITY

GOSPEL

MT 14:1-12

SATURDAY OF THE SEVENTEENTH WEEK IN ORDINARY TIME

At that time Herod the tetrarch heard about the fame of Jesus; and he said to his servants, "This is John the Baptist, he has been raised from the dead; that is why these powers are at work in him." For Herod had seized John and bound him and put him in prison, for the sake of Hero'di-as, his brother Philip's wife; because John said to him, "It is not lawful for you to have her." And though he wanted to put him to death, he feared the people, because they held him to be a prophet. But when Herod's birthday came, the daughter of Hero'di-as danced before the company, and pleased Herod, so that he promised with an oath to give her whatever she might ask. Prompted by her mother, she said, "Give me the head of John the Baptist here on a platter." And the king was sorry; but because of his oaths and his guests he commanded it to be given; he sent and had John beheaded in the prison, and his head was brought on a platter and given to the girl, and she brought it to her mother. And his disciples came and took the body and buried it; and they went and told Jesus.

WHAT IS GOD SAYING TO ME IN THIS GOSPEL?

ACTS OF CHASTITY

HOW HAVE I SHOWN CHASTITY IN MY RELATIONSHIP WITH MY NEIGHBOR TODAY?

WEEK 4: CHASTITY AND MY NEIGHBOR

JULY 31, 2022

THOUGHTS FROM THE CHURCH

"A man who governs his passions is master of the world. We must either command them, or be enslaved by them. It is better to be a hammer than an anvil."

— St. Dominic



SAY THE PRAYER FOR CHASTITY

GOSPEL

LK 12:13-21

EIGHTEENTH SUNDAY IN ORDINARY TIME

One of the multitude said to him, "Teacher, bid my brother divide the inheritance with me." But he said to him, "Man, who made me a judge or divider over you?" And he said to them, "Take heed, and beware of all covetousness; for a man's life does not consist in the abundance of his possessions." And he told them a parable, saying, "The land of a rich man brought forth plentifully; and he thought to himself, 'What shall I do, for I have nowhere to store my crops?' And he said, 'I will do this: I will pull down my barns, and build larger ones; and there I will store all my grain and my goods. And I will say to my soul, Soul, you have ample goods laid up for many years; take your ease, eat, drink, be merry.' But God said to him, 'Fool! This night your soul is required of you; and the things you have prepared, whose will they be?' So is he who lays up treasure for himself, and is not rich toward God."

WHAT IS GOD SAYING TO ME IN THIS GOSPEL?

ACTS OF CHASTITY

HOW HAVE I SHOWN CHASTITY IN MY RELATIONSHIP WITH MY NEIGHBOR TODAY?

LITANY OF HUMILITY

O Jesus! meek and humble of heart,
Hear me.

From the desire of being esteemed,
Deliver me, Jesus.

From the desire of being loved,
Deliver me, Jesus.

From the desire of being extolled,
Deliver me, Jesus.

From the desire of being honored,
Deliver me, Jesus.

From the desire of being praised,
Deliver me, Jesus.

From the desire of being preferred
to others,
Deliver me, Jesus.

From the desire of being consulted,
Deliver me, Jesus.

From the desire of being approved,
Deliver me, Jesus.

From the fear of being humiliated,
Deliver me, Jesus.

From the fear of being despised,
Deliver me, Jesus.

From the fear of suffering rebukes,
Deliver me, Jesus.

From the fear of being calumniated,
Deliver me, Jesus.

From the fear of being forgotten,
Deliver me, Jesus.

From the fear of being ridiculed,
Deliver me, Jesus.

From the fear of being wronged,
Deliver me, Jesus.

From the fear of being suspected,
Deliver me, Jesus.

That others may be loved more than I,
Jesus, grant me the grace to desire it.

That others may be esteemed more than I,
Jesus, grant me the grace to desire it.

That, in the opinion of the world, others
may increase and I may decrease,
Jesus, grant me the grace to desire it.

That others may be chosen and I set aside,
Jesus, grant me the grace to desire it.

That others may be praised and
I unnoticed,

Jesus, grant me the grace to desire it.

That others may be preferred to me
in everything,

Jesus, grant me the grace to desire it.

That others may become holier than I,
provided that I may become as holy as
I should,

Jesus, grant me the grace to desire it.

THE LITANY OF TRUST

From the belief that I have to earn
Your love,

Deliver me, Jesus.

From the fear that I am unlovable,

Deliver me, Jesus.

From the false security that I have what
it takes,

Deliver me, Jesus.

From the fear that trusting You will leave
me more destitute,

Deliver me, Jesus.

From all suspicion of Your words
and promises,

Deliver me, Jesus.

From the rebellion against childlike
dependency on You,

Deliver me, Jesus.

From refusals and reluctances in
accepting Your will,

Deliver me, Jesus.

From anxiety about the future,

Deliver me, Jesus.

From resentment or excessive
preoccupation with the past,

Deliver me, Jesus.

From restless self-seeking
in the present moment,

Deliver me, Jesus.

From disbelief in Your love and presence,

Deliver me, Jesus.

From the fear of being asked to give
more than I have,

Deliver me, Jesus.

From the belief that my life has no
meaning or worth,

Deliver me, Jesus.

From the fear of what love demands,

Deliver me, Jesus.

From discouragement,

Deliver me, Jesus.

That You are continually holding me
sustaining me, loving me,

Jesus, I trust in you.

That Your love goes deeper than my sins
and failings, and transforms me,

Jesus, I trust in you.

That not knowing what tomorrow brings is
an invitation to lean on You,

Jesus, I trust in you.

That you are with me in my suffering,

Jesus, I trust in you.

That my suffering, united to Your own, will
bear fruit in this life and the next,

Jesus, I trust in you.

That You will not leave me orphan, that You
are present in Your Church,

Jesus, I trust in you.

That Your plan is better than anything else,

Jesus, I trust in you.

That You always hear me and in Your
goodness always respond to me,

Jesus, I trust in you.

That You give me the grace to accept
forgiveness and to forgive others,

Jesus, I trust in you.

That You give me all the strength I need for
what is asked,

Jesus, I trust in you.

That my life is a gift,

Jesus, I trust in you.

That You will teach me to trust You,

Jesus, I trust in you.

That You are my Lord and my God,

Jesus, I trust in you.

That I am Your beloved one,

Jesus, I trust in you.

PRAYER TO SAINT JOSEPH

To you, O blessed Joseph, do we come in our tribulation, and having implored the help of your most holy Spouse, we confidently invoke your patronage also. Through that charity which bound you to the Immaculate Virgin Mother of God and through the paternal love with which you embraced the Child Jesus, we humbly beg you graciously to regard the inheritance which Jesus Christ has purchased by His Blood, and with your power and strength to aid us in our necessities. O most watchful guardian of the Holy Family, defend the chosen children of Jesus Christ; O most loving father, ward off from us every contagion of error and corrupting influence; O our most mighty protector, be kind to us and from heaven assist us in our struggle with the power of darkness. As once you rescued the Child Jesus from deadly peril, so now protect God's Holy Church from the snares of the enemy and from all adversity; shield, too, each one of us by your constant protection, so that, supported by your example and your aid, we may be able to live piously, to die in holiness, and to obtain eternal happiness in heaven. **Amen.**



JUST A GUY
IN THE PEW