



DAY SIX

January 26, 2017

Intercession

May those affected by pornography experience the Lord's mercy and healing.

Prayers

Our Father, 3 Hail Marys, Glory Be

Reflection

We are created with a desire to love and be loved. We long to be known, understood, and accepted for who we are. In contrast, pornography distracts us from our call to love by objectifying people and bringing hurt and pain. As noted in *Create in Me a Clean Heart*, “it is an illusory substitute for real relationships and intimacy, which in the end bring true joy.”

However, “no wound is out of the reach of Christ’s redeeming grace. Christ is our hope! The Church proclaims the truth about love, sexuality, and the dignity of each person, and she seeks to provide the Lord’s mercy and healing for those harmed by pornography. ... For further resources and help, visit www.usccb.org/cleanheart.”*

Acts of Reparation (choose one)

- Don't push the snooze button. Get right out of bed and offer your day in prayer to God.
- Fast from snacking today. Eat three meals only.

- Contemplate a beautiful piece of sacred art today, and reflect upon how true beauty draws us closer to God.

One Step Further

Learn more about the spiritual, emotional, and neurological impact of pornography in “**Wash Me Thoroughly’: Healing from Pornography Use and Addiction**” (www.goo.gl/gjr3Wg) and “**Life Matters: Pornography and Our Call to Love**” (www.goo.gl/TkTpTV).



*United States Conference of Catholic Bishops, Committee on Laity, Marriage, Family Life, and Youth, *Create in Me a Clean Heart: A Pastoral Response to Pornography—Abridged Version*. (Washington, D.C.: United States Conference of Catholic Bishops, 2016). Image: A mosaic of Our Lady of Guadalupe decorates a side altar in the Church of Santa Maria della Famiglia at the Vatican. Dec. 15. (CNS photo/Paul Haring). Copyright © 2016, United States Conference of Catholic Bishops, Washington, DC. All rights reserved.



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4 WAYS TO JOIN

