

# 50 Hues of Holiness

1. "The **light** shines in the **darkness**,  
and the **darkness** has not overcome it" (John 1:5).
2. "The people who sit in **darkness**  
have seen a great **light**,  
on those dwelling in a land overshadowed by death  
**light** has arisen" (Matthew 4:16).
3. "I am the **light** of the world. Whoever follows me will not walk in **darkness**, but will have the **light** of life" (John 8:12).
4. "Walk while you have the **light** ... Whoever walks in the **dark** does not know where he is going" (John 12: 35).
5. "God is **light**, and in him there is no **darkness** at all" (1 John 1: 5).
6. "But if we walk in the **light** as he is in the **light**, then we have fellowship with one another" (1 John 1:7).
7. "You are the **light** of the world... shine before others, that they may see your good deeds and glorify your heavenly Father" (Matthew 5: 15-16).
8. "You may announce the praises of him who called you out of **darkness** into his wonderful **light**" (1 Peter 2:9).
9. "The glory of God gave it **light**, and its lamp was the Lamb. The nations will walk by its **light**" (Revelation 21:23-24).
10. "Take no part in the fruitless works of **darkness**; rather expose them... everything exposed by the **light** becomes visible" (Ephesians 5: 11- 13).
11. "Let **marriage** be honored among all, and the **marriage** bed be kept undefiled" (Hebrews 13:4).
12. "My **lover** belongs to me and I to him" (Song of Songs 2:16).
13. "No longer shall **violence** be heard of in your land,  
or plunder and ruin within your borders" (Isaiah 60: 18).
14. "So they are no longer two, but **one flesh**. Therefore, what God has joined together, no human being must separate" (Matthew 19:4-6).
15. "**Love** is patient, **love** is kind. It is not jealous, [**love**] is not pompous, it is not inflated, it is not rude, it does not seek its own interests..." (1 Corinthians 13: 4-5).
16. "Husbands, **love** your wives, even as Christ **loved** the church and handed himself over for her" (Ephesians 5: 25).
17. "Husbands, **love** your wives, and avoid any bitterness toward them" (Colossians 3:19).
18. "I say, then: live by the Spirit and you will certainly not gratify the desire of the flesh" (Galatians 5:16).

19. "Now the works of the flesh are obvious: immorality, impurity, licentiousness... those who do such things will not inherit the kingdom of God" (Galatians 5: 19-21).
20. "Let **love** be sincere; hate what is evil, hold on to what is good" (Romans 12:9).
21. "For I know well the plans I have in mind for you... for your welfare and not for woe, so as to give you a future of hope" (Jeremiah 29:11).
22. "For the **wedding day** of the Lamb has come, his bride has made herself ready. She was allowed to wear a bright, clean linen garment" (Revelation 19: 7-8).
23. "God Himself is the author of **matrimony**" (*Gaudium et Spes*, no. 48).
24. "Authentic **married love** is caught up into divine **love**" (*Gaudium et Spes*, no. 48).
25. "This [**married**] **love** ... far excels mere erotic inclination, which, selfishly pursued, soon enough fades wretchedly away" (*Gaudium et Spes*, no. 49).
26. "*Christ's way of acting, the Gospel of his words and deeds, is a consistent protest against whatever offends the **dignity of women***" (Pope John Paul II, *Mulieris Dignitatem*, no. 15).
27. "Authentic conjugal **love** presupposes and requires that a man have a profound respect for the **equal dignity** of his wife" (Pope John Paul II, *Familiaris Consortio*, no. 25).
28. "In the conjugal act, husband and wife are called to confirm... *the mutual gift of self* which they have made to each other in the **marriage** covenant" (Pope John Paul II, *Letter to Families*, no. 12).
29. "All **married** life is a gift; but this becomes most evident when the spouses... bring about that encounter which makes them '**one flesh**' (Gn 2:24)" (Pope John Paul II, *Letter to Families*, no. 12).
30. "**Love** now becomes concern and care for the other. No longer is it self-seeking... instead it seeks the good of the beloved... and it is ready, and even willing, for sacrifice" (Pope Benedict XVI, *Deus Caritas Est*, no. 6).
31. "**Marriage** based on exclusive and definitive **love** becomes the icon of the relationship between God and his people and vice versa" (Pope Benedict XVI, *Deus Caritas Est*, no. 11).
32. "It is irresponsible to view sexuality merely as a source of pleasure.... In [that] case... individuals are ultimately subjected to various forms of **violence**" (Pope Benedict XVI, *Caritas in Veritate*, no. 44).
33. "Promising **love** for ever is possible when we perceive a plan bigger than our own ideas and undertakings, a plan which sustains us and enables us to surrender our future entirely to the one we **love**" (Pope Francis, *Lumen Fidei*, no. 52).
34. "The image of God is the **married** couple: the man and woman; not only the man, not only the woman, but both together" (Pope Francis, General Audience, April 2, 2014).
35. "Within your **family**, when you shun **violent** words and actions and look for peaceful ways to resolve conflict, you become a voice for life" (USCCB, *Follow the Way of Love*).
36. "Man and woman do not have separate destinies. They are related to each other precisely in their differences" (USCCB, *Marriage: Love and Life in the Divine Plan*, p. 10).

37. "To form a communion of persons is the **vocation** of everyone" (USCCB, *Marriage: Love and Life in the Divine Plan*, p. 11).
38. "God established **marriage** so that man and woman could participate in his **love** and thus selflessly give themselves to each other in **love**" (USCCB, *Marriage: Love and Life in the Divine Plan*, p. 12).
39. "Participating in the creative work of God means participating in the self-emptying or self-giving **love** of God, the rendering of one's whole being into a gift" (USCCB, *Marriage: Love and Life in the Divine Plan*, p. 16).
40. "Each **marital** act signifies, embodies, and renews the original and enduring marital covenant between husband and wife" (USCCB, *Marriage: Love and Life in the Divine Plan*, p. 17).
41. "**Marriage** is a unique union, a relationship different from all others" (USCCB, *Marriage: Love and Life in the Divine Plan*, p. 21).
42. "**Marriage** will be made into the visible embodiment of [Jesus'] **love** for the Church" (USCCB, *Marriage: Love and Life in the Divine Plan*, p. 30).
43. "All of us know something about the depth, the intimacy, and the beauty of the gift of self that occurs in the **marriage** of husband and wife" (USCCB, *Marriage: Love and Life in the Divine Plan*, p. 32).
44. "The imitation of the **love** of Christ for the Church also calls for a healing of the relationship between man and woman" (USCCB, *Marriage: Love and Life in the Divine Plan*, p. 34).
45. "Leaving behind the lustful, self-centered pleasures of our culture, one can journey, in Christ, towards the discovery of an intimacy that is deeply satisfying because it is a participation in the intimate self-giving of Christ" (USCCB, *Marriage: Love and Life in the Divine Plan*, p. 46).
46. "A **marriage** upon which his [Christ's] school of gratitude and openness has left its mark of joy and warmth, is a sign of the Kingdom" (USCCB, *Marriage: Love and Life in the Divine Plan*, p. 54).
47. "**Marriage** is a school for gratitude" (USCCB, *Marriage: Love and Life in the Divine Plan*, p. 53).
48. "[The Church cherishes **marriage**] as the school of a deeper humanity and a cradle of the civilization of **love**" (USCCB, *Marriage: Love and Life in the Divine Plan*, p.57).
49. "Using pornography can quickly become an addiction that erodes trust and intimacy between husband and wife" (USCCB, *Marriage: Love and Life in the Divine Plan*, p.49).
50. "As spouses learn to improve their communication, they can better respond to each other's need for **love**, acceptance, and appreciation" (USCCB, *Marriage: Love and Life in the Divine Plan* p.49).

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