



DAY SIX

January 21, 2016

Intercession

May all people reject pornography and discover the true meaning of love through an encounter and relationship with Christ.

Prayers

Our Father, 3 Hail Marys, Glory Be

Reflection

Today we honor the life of St. Agnes, a 12 or 13-year-old girl martyred in Rome in 304 AD. Agnes never wavered in her commitment to remain a virgin and to give her whole life to the Lord, refusing proposals to marry. Her innocence and heroism facing death helped bring an end to the persecutions of Christians in Rome. Following the example of St. Agnes, let us remain steadfast in recognizing Christ, who is Love Incarnate, as the source and summit of our lives. May his love give us the determination and courage to live for him and for others, especially the most vulnerable among us. St. Agnes, pray for us!

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.
- It's easy to put our headphones on and ignore our siblings or parents. Instead, enjoy the opportunity you have to talk to them; ask them how they are doing.

One Step Further

We are created with a desire to love and be loved. We long to be known, understood, and accepted for who we are. Pornography, in contrast, distracts us from our call to love. Learn more about the spiritual, emotional, and neurological impact of pornography in *Life Matters: Pornography and Our Call to Love*" (www.goo.gl/TkTpTV).*

*Full URL: <http://www.usccb.org/about/pro-life-activities/respect-life-program/2012/life-matters-pornography-and-our-call-to-love.cfm>



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 © 2015, United States Conference of Catholic Bishops, Washington, DC. All rights reserved.



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4 WAYS TO JOIN

