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## THOU SHALT NOT COVET THY NEIGHBOR'S WIFE.

### Opening Prayer:

Heavenly Father, You see the depths of our hearts and call us to purity of mind and desire. As we reflect on the Ninth Commandment, help us to guard our thoughts and intentions with Your grace. Teach us to desire what is holy and to turn away from anything that distorts love. Purify our imaginations and free us from envy, lust, and comparison. Fill us with a longing for what is true, beautiful, and good. Help us to see others as You see them—worthy of dignity and respect. May our hearts be ordered toward love that is faithful and whole. Let this time together deepen our desire for inner purity and authentic love. Holy Spirit, guide our conversation today. Help us to speak with honesty, humility, and a desire to grow closer to You. Amen.

### Matthew 5:27–28

You have heard that it was said, 'You shall not commit adultery.' But I say to you, everyone who looks at a woman with lust has already committed adultery with her in his heart.

### Discussion Questions

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#### Purification of the Heart

Pope John Paul II stated, "There is no dignity when the human dimension is eliminated from the person. In short, the problem with pornography is not that it shows too much of the person, but that it shows far too little." The Ninth Commandment forbids carnal concupiscence, or lust, which reduces others to objects for our own gratification. In a society that often normalizes or even glorifies lust, how can we guard our hearts and grow in authentic love that sees others as persons, not as objects?

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### The Battle for Purity

God calls us to have purity of heart, which requires a daily battle against disordered desires, temptations, and the messages of a culture that often distorts love and sexuality. What does this 'battle for purity' look like in real life, and what spiritual or practical tools have helped you or could help you remain faithful to God's call to love with a pure heart?

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### Closing Prayer:

Lord, we thank You for the invitation to purity of heart and intention. As we leave this time together, help us to desire only what draws us closer to You. Teach us to guard our thoughts and be faithful in both action and desire. Free us from jealousy, comparison, and all that clouds our vision of love. May we see others with reverence and treat them with dignity. Fill us with a longing for truth, beauty, and holiness. Strengthen us to live with integrity, even when no one is watching. Let our hearts be ever drawn to the love that reflects Your own. Amen.

### Additional Resources

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The Catechism in a Year  
w/ Fr. Mike Schmitz



Day 324 - Day 325

Catechism Paragraphs



2514-2533

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