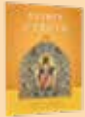




Catch the Spirit



This week, your child learned that:

- ▶ Three specific spiritual practices will strengthen our ability to resist temptation and pursue holiness: prayer and the Sacraments, acts of virtue, and self-denial.
- ▶ When we do good things only for our own personal gain or for other selfish reasons rather than for love of God and neighbor, we are not pursuing holiness.



Family Talk Time

Why do you think self-denial strengthens us and helps us in our pursuit of holiness? What are some other spiritual practices that help us in resisting temptation?



Meditation for This Week:

Blessed are the clean of heart, for they will see God.

—MATTHEW 5:8