

You, LORD,
are MY ONLY
GOOD

11

WoL
WORD OF LIFE

“Blessed are the pure
of heart, for they will
see God .”

(Mt 5:8)

From the commentary of Chiara Lubich
Adapted by the Gen 3 Center

Under the magnifying glass

The words of Jesus are not like human words. If we allow them to work in us, they free us from sin and so we become pure of heart.

Purity is a fruit of living the Word of God, of living *all* the words of Jesus that liberate us from attachments to things, other people and ourselves.

In fact, if our heart is directed to God alone, everything else takes second place.

How can we live this Word of Life?

One thing that can help us is to tell Jesus often during the day: **“You, Lord, are my only good.”**

Are we inclined to look at bad pictures or magazines, or programs on TV that aren't good for us? Let's say, “no!” to them, and instead tell Jesus, “You, Lord, are my only good.” Doing this will **help us go outside of ourselves and declare our love for God.**

It will also help us to **purify our intentions about why we are doing something, and in this way we will find inner freedom.** Living the Word makes us free and pure because love, especially mutual love, purifies us!

If we are isolated from others we are not capable of resisting the attractions of the world. Instead when we love one another, there is a new atmosphere, a current of life that circulates around us and brings transparency, purity and the presence of God who is the only one who can create a pure heart in us.

In fact, the fruit of purity is that you can “see” God, meaning that we can understand how he is acting in our lives, we can hear his voice in our hearts, we can welcome him in all the ways he comes to us:

- in the poor,
- in the Eucharist,
- in his Word,
- in the Church,
- in our midst.



“Color in one of these spaces every time you find the presence of God somewhere.”

This is what happened to...

Luis
from Colombia



I LEARNED TO TURN IT OFF.... I used to watch movies that had bad scenes in them, but I kept watching because I was curious and thought I would learn something from them. Instead I just got more confused. **I knew very well that I shouldn't be watching those things, but I kept doing it, wasting a lot of time.** My grades suffered, because I wasn't doing my homework, and my parents yelled at me a lot, so there was no peace in our house. **Then during a meeting of the Young for Unity, I was reminded that only the pure of heart see God.** I understood that if I really wanted to be free, I should start by turning off the TV. From that moment on, I never watched those bad movies again. I felt so light inside! I felt like someone had taken a huge weight off my chest! And now I have more time to do acts of love!

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