

Glorious Mysteries

Resurrection (Lk 24)
The Grace to Receive New Life through the Sacraments

Reflection: Christ rises from the dead and offers to all who believe in him the new life that he now possesses, a life where sin has been conquered and its bondage broken. The first step of the believer is to simply accept what Christ has done for them in his death and resurrection and apply those saving merits of Christ to his soul through the sacraments, especially the Eucharist.

Intercession: Through meditation on this mystery and the intercession of the Blessed Virgin Mary may the grace of the Resurrection come down into our souls and into the Church bringing the grace to receive the new life of Christ that comes to us through the sacraments.

Ascension (Ac 1:6-12)
The Grace that comes from One's State in Life

Reflection: In his Ascension, Jesus is established as Lord of all and his reign is through all who submit to his Rule. Every

state of life, especially marriage and priesthood, offers the graces of purity, which is fidelity to the Lord through one's state of life be it married or single.

Intercession: Through meditation on this mystery and the intercession of the Blessed Virgin Mary may the grace of the Ascension come down into our souls and into the Church bringing the grace that comes through fidelity to one's state in life.

Pentecost (Ac 2:1-41)
The Grace of Making Good Confessions

Reflection: The Lord Jesus, in his resurrection, breaths on his Apostles, and through the ministry of the Holy Spirit, they are given the charism to forgive the sins of men. It is part of the Holy

Spirit's ministry to convict us of our sins so that we might be purified and start again. With the coming of the Holy Spirit at Pentecost, men are given wisdom to see their sins and fortitude to confess those sins and avoid the near occasion them in the future.

Intercession: Through meditation on this mystery and the intercession of the Blessed Virgin Mary may the grace of Pentecost come down into our souls and into the Church bringing the grace to make good confessions on a regular basis.

Assumption
The Grace of Praying the Daily Rosary for Freedom from Impurity

Reflection: Our Lady is raised by her Son to share fully in his life of grace so that she might

become for others a source of this divine life. The Rosary is one of her greatest means for her to communicate the life her Son has won to souls wounded and weakened by sin. It, the Rosary, is one of the greatest weapons of our warfare to bind the Demons of Impurity and the longings of the flesh while releasing the graces of chastity. In walking out our freedom this gift is a daily necessity.

Intercession: Through meditation on this mystery and the intercession of the Blessed Virgin Mary may the grace of the Assumption come down into our souls and into the Church bringing the grace to daily pray the Rosary for freedom from the sins of impurity.

Coronation of the Blessed Virgin Mary (Rev 12:1)
The Grace of Daily Consecration through the Brown Scapular to Our Lady's Immaculate Heart

Reflection: The Brown Scapular of Our Lady of Mount Carmel is an outward, sacramental sign for souls to daily renew their consecration to Our Lady as the Queen of their life. She has fought the good fight and won. Her Son has given her the ministry of sharing that victory with all who love him and give themselves to him through her. Let us simply say from our hearts as morning and night we kiss the scapular and say a we are clothing our self in grace, "Father, I am yours through the Immaculate Heart of Mary in Jesus name. AMEN!"

Intercession: Through meditation on this mystery and the intercession of the Blessed Virgin Mary may the grace of the Coronation of the Blessed Mother as Queen of Heaven and Earth come down into our souls and into the Church bringing the grace to daily consecrate ourselves to Our Lady's Immaculate Heart.

Joyful Mysteries

Annunciation and Incarnation (Lk 1:26-38)
The Grace of Hope

Reflection: The humility of God that he would become man in Christ Jesus! Does this

not prove to us God's willingness to save us from the sin of impurity and set us free to walk in purity? Since we have given our hearts to Christ we are not slaves of our desires. There is hope in Christ. We can break free!

Intercession: Through meditation on this mystery and the intercession of the Blessed Virgin Mary may the grace of the Annunciation and Incarnation come down into our souls and into the Church bringing the grace of hope that our sin of impurity might be overcome.

Visitation of Mary to Elizabeth (Lk 1:39-56)
The Grace of Humility

Reflection: In the *Magnificat* Our Lady teaches us in her prayer the first and foundational step to freedom – humility. Humility is simply the admission that we

cannot overcome the sin of impurity, but that the Lord Jesus can conquer our weakness. Humility says – I can't; God can; I will let Him.

Intercession: Through meditation on this mystery and the intercession of the Blessed Virgin Mary may the grace of the Visitation come down into our souls and into the Church bringing the grace of humility that we might accept the truth that we cannot overcome impurity but God can as long as we let Him.

Nativity of our Lord (Lk 2:1-20)
The Grace of Peace

Reflection: The angels sing to the shepherds, "Glory to God in the highest and peace to His people in

earth." When a soul falls to sin over and over that soul loses peace for many reasons: first because the soul is in sin; second because it focuses too much on what it has done rather than on what Christ has done; and third because the demonic "Spirit of Condemnation" whispers the lie that leads the soul into despairing of the Father's mercy. All this can be overcome by trusting in God's mercy after which peace will flow.

Intercession: Through meditation on this mystery and the intercession of the Blessed Virgin Mary may the grace of the Nativity come down into our souls and into the Church bringing the grace of peace which comes from knowing the Father's mercy.

Presentation of the child Jesus in the Temple (Lk 2:22-38)
The Grace of Holy Desire

Reflection: Joseph and Mary take their first born, Jesus, to the Temple in

Jerusalem to present him to God to fulfill all that the Law of the Father requires. Our souls have become sick by the sin of impurity because we desire the Law of the Flesh with its commandments more than we desire the Law of God. Our desires need to be healed and set start.

Intercession: Through meditation on this mystery and the intercession of the Blessed Virgin Mary may the grace of the Presentation in the Temple come down into our souls and into the Church bringing the grace of holy desire for the Law of God to be fulfilled in our lives rather than the demonic law of our flesh.

Finding of the child Jesus in the Temple (Lk 2:41-52)
The Grace of Perseverance

Reflection: Our Lady and St Joseph search for three days to find the Lord Jesus. They do not give up in their hunt for

the Son of God until they find him. We might be the same in our fight against impurity.

Intercession: Through meditation on this mystery and the intercession of the Blessed Virgin Mary may the grace of the Finding in the Temple come down into our souls and into the Church bringing the grace of perseverance allowing us never to give up the fight for purity.

PURITY ROSARY

Luminous Mysteries

Baptism (Mk 1:9-11) *The Grace of Custody of Eyes*

Reflection: At the Baptism in the Jordan the eyes of the

onlookers saw the Holy Spirit descend like a dove on our Blessed Lord. Our eyes are the windows of our souls letting in light or darkness, grace or disgrace. With this in mind we must keep custody of our eyes, ever mindful of that which we are gazing on to bring into our souls.

Intercession: Through meditation on this mystery and the intercession of the Blessed Virgin Mary may the grace of the Baptism of our Lord come down into our souls and into the Church bringing the grace of custody of our eyes that we might allow the light of God's truth and beauty alone to flood our souls.

Wedding at Cana (Jn 2:1-12) *The Grace to Admire the Holiness of Marriage*

Reflection: From the beginning God has sanctified the marriage between a man and a woman by his presence, as we read in

Genesis, "Male and Female he created them. In the divine image he created them", and in the Gospel of John "There was a wedding in Cana of Galilee and Jesus was present." Sins of impurity are sins violating the holiness of marriage.

Intercession: Through meditation on this mystery and the intercession of the Blessed Virgin Mary may the grace of the Wedding at Cana come down into our souls and into the Church bringing that we would admire and protect the holiness of marriage.

Proclamation of the Kingdom (Mt 4:17) *The Grace of Heartfelt Repentance*

Reflection: At the heart of the Proclamation of the Kingdom is "repent and believe the good news."

Repentance is a gift of the Holy Spirit in which the soul and its actions are seen in light of Divine Wisdom. When the soul knows and loves the Lord and when the Divine Light of the Holy Spirit shines on the inner life then the response must be a sense of the sickness of one's heart and the need for the Father's mercy. The soul takes responsibility for what it does, but even more, for who it is, and the soul cried out, "Son of David, have pity on me."

Intercession: Through meditation on this mystery and the intercession of the Blessed Virgin Mary may the grace of the Proclamation of the Kingdom come down into our souls and into the Church bringing the grace of heartfelt repentance for what one has done and who one is.

Transfiguration (Mt 17:1-8) *The Grace of Pure, Holy, Intimate Relationships*

Reflection: Jesus takes with him up to Tabor those who were closest to him: Peter, James, and John. These three were

close, intimate with Christ. John was so close that his head lay near the heart of Jesus at the Last Supper. Christ had with the apostles a holy intimacy, a relationship that hide nothing and where there was no fear of being used by the other. This is true intimacy.

Intercession: Through meditation on this mystery and the intercession of the Blessed Virgin Mary may the grace of the Transfiguration come down into our souls and into the Church bringing the grace of pure, holy, intimate friendships.

Institution of the Eucharist (Mt 26:26-30) *The Grace of Donation of Self*

Reflection: Sins of impurity are not the gift of self to the other but the taking and using of the other either in imagination or in reality. Jesus offers the gift of self in the Institution of the

Eucharist. He does not take, rather, he offers himself as gift and says, "Take". This gift of self has been called self-donation.

Intercession: Through meditation on this mystery and the intercession of the Blessed Virgin Mary may the grace of the Institution of the Eucharist come down into our souls and into the Church bringing the grace to live a life of self donation, avoiding a life of taking and using the other.

Sorrowful Mysteries

Agony in the Garden (Lk22:39-46) *The Grace of Keeping Vigil*

Reflection: To keep vigil is to stay awake when the body is

tired because one's desire is for something greater than the body can give. By keeping vigil the body's demands are sublimated so that the heart can have more of the Lord. With more of the Lord there is less of the flesh. This is a key to overcoming impure passions.

Intercession: Through meditation on this mystery and the intercession of the Blessed Virgin Mary may the grace of the Agony in the Garden come down into our souls and into the Church bringing the grace to commit to times of keeping vigil.

Scourging at Pillar (Jn 19:1-3) *The Grace of Controlling of Appetite*

Reflection: As with sleep, so with the appetite – to deny the flesh, a spiritual scourging, and say "yes" to the needs of the spirit is to do battle and gain a victory for the Lord over one's self. Denying the appetite is denying the sense of being physically satiated so that one can be filled again with the Holy Spirit.

Intercession: Through meditation on this mystery and the intercession of the Blessed Virgin Mary may the grace of the Scourging at the Pillar come down into our souls and into the Church bringing the grace to control the appetite through fasting and abstinence.

Reflection: Our sins of impurity have grievously wounded the most merciful heart of Jesus. It is not enough for one who is in love to say they are sorry. Love compels the one who loves to heal, to

Crowning with Thorns (Mt 27:29) *The Grace of Reparation for the Sins of Impurity*

repair, the injury the Lover has received. Acts of Reparation are words and actions of tenderness and care, little sacrifices for the Love of our Souls, whose face was covered

with blood and spittle, the One who exchanged a Crown of Glory to redeem us of our disgrace. These are hidden gifts given through out the day known only to He that has been Wounded.

Intercession: Through meditation on this mystery and the intercession of the Blessed Virgin Mary may the grace of the Crowning with Thorns come down into our souls and into the Church bringing the grace to make reparation for the sins of impurity.

Carrying the Cross (Mk15:20-21) *The Grace of Helping Others who Fight Impurity*

Reflection: Even for the Lord of Creation the rough hewn Cross is too much to bear alone in the work of redemption; and so it is also with us. We need others to help us in

working out our salvation from impurity and we must help others in their work. In helping others we break free by the admission of our sinfulness and our willingness to give the grace we have received to those in need.

Intercession: Through meditation on this mystery and the intercession of the Blessed Virgin Mary may the grace of the Carrying of the Cross come down into our souls and into the Church bringing the grace of helping others who fight impurity.

Crucifixion and Death of Our Lord Jesus (Jn 19:16-37) *The Grace of Crucifying the Passions*

Reflection: There must be no compromise! We must not come down from the Cross. We must stay there with Christ and be

crucified so that we might die to all impurity and rise to a new grace-filled life of chastity. We must die so that we can rise. Our motto must be – "Death to sin! Alive for God!"

Intercession: Through meditation on this mystery and the intercession of the Blessed Virgin Mary may the grace of the Crucifixion and Death of Our Lord come down into our souls and into the Church bringing the grace to crucify our passions that we might be dead to sin, but alive for God in Christ Jesus.