

Day Thirteen Meditation: Pure of Heart

Blessed are the pure in heart, for they will see God.

Mt 5:8

It is said that the primal religious experience is that of a baby at its mother's breast, looking up to see if its mom is looking back at them, their eyes locked in the gaze of the other. Our entire life is spent looking up to see if Someone is looking back at us.

God, your Father, wants you to walk in His blessings, you knowing His joy. He wants you to know the joy of seeing Him who sees you. You were made to look and see the Trinity all about you, within all, in all, especially seeing Him in your relationships. The truth is that your Father's loving gaze is always on you, but we seldom stop to see that we are being seen. Because we have not been trained to look, expecting to see, we do not look. The awareness of God seeing your life, right now, in this moment, will bring you freedom and peace that you cannot find in any other way than from knowing He sees you.

There are so many things you need to pay attention to when your marriage is in a rocky place, falling apart, or at what seems like an end. Many times, it might seem like life is a balancing act with no balance to be found. I pray that you know the joy of seeing God in the midst of all the forces that are pulling you to shift your attention to be like a child in a dramatic temper tantrum, demanding your complete attention. Be warned that if your eyes are focused in the wrong direction, the weightiness of all you are facing can crush or paralyze you. Do not underestimate the resistance pushing against you, be it practical or demonic, as you live in the will of the Father for your marriage. There might be times when you look at your circumstances and feel so overwhelmed by pressure that you think you can't get up and get going.

Once you realize that your Father's concentration is on you, that you have the care of heaven ready to come to your aid, you will have the wisdom and strength to go forward. His look will assure you and encourage you. He sees you; He sees what you are facing; His gaze is upon you.

To see Him, we need to have a pure heart. Our hearts cannot be divided. A pure heart is focused and intent. It does not look at Him and then look away, seeking something else, believing that something else is what is needed. A pure heart is not one that is numbed by pleasure, satiated with things, so that it is not aware of the loneliness and pain of not having their beloved. A pure heart does not escape, but it stays in a position of wanting to see God and His will being manifested in its life.

Impurity can come in many forms. The obvious impurity is sexual. One of the dangers of this form of impurity is the elation it can cause, an escape from the pain of reality. It is a momentary experience of feeling alive. It offers nothing because there is no one, in the end, for whom we

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have given ourselves. There are degrees of this type of impurity, be they inspired by imagination or by a person, both a fantasy. Fantasy is a phantom, a non-real reality that will leave you unsatisfied and unsettled, robbing you of peace and joy. There is nothing to be found where there is no-thing and no-one. The enemy waits, looking for someone he can use to draw you into fantasy. The enemy wants to build you up with the opposite sex paying attention, hearing what you have to say, laughing, and showing sympathy, making it easy to deny the good, healthy boundaries set by marriage. What you enjoy in flirtatious talk captures you, for a moment, convincing you that it is worth looking in another direction than that in which you live, marriage, even if it be for a moment. Purity of heart takes captive these thoughts. Seeing them for what they are, void, and cast them down, given they are of no use, useless.

God is not a phantom. He is real and deals in reality. He is not an appearance that has no form or tangibility that connects with that which is real. To be pure of heart is to have a clear view of your life as it is, with all it has. To be pure of heart is to have a heart of blessing toward your spouse, acknowledging any pain, but not seeing them as the enemy that needs to be attacked. Purity of heart is concerned with dealing with the hurt, frustration, or fear that has risen in your heart because of your marriage being weak or threatened. Purity of heart acknowledges the hurt, frustration, and fear that separates, bringing it to the Father for His healing hand to purify. Your set free and healed heart will be able to see the Father's love for your beloved.

A pure heart allows you to see what God sees because you see Him and where He is looking. This will give you wisdom on how to proceed forward. Because your thoughts are not distracted, the Father's will becomes clearer. Purity of heart has great practical applications, but it takes faith to believe that the state of your heart toward God and toward your spouse will help heal and restore your relationship.

In our culture, it is evident that purity is not encouraged, but rather it is bombarded with everything that will destroy it through the erosion of the truths about your Sacrament, leaving you to your own ideas about how to respond to your marriage needing help. If you are weak and fall to self-abuse (the true word for masturbation), you need to know the truth that this is not acceptable in your marriage. Purity shouts the battle cry to fight that which will destroy your love and joy. If you are bound by sexual impurity, get to confession. This level of impurity is a dark, dangerous spirit that is stealing from you. If it is your spouse who is dealing with impurity, be convinced they need the help of the Holy Spirit to break free. Fast and pray for them.

Lastly, purity of heart will become a source of joy for you as you suffer from not having the relationship with your spouse for which you long. When we are impure of heart, we have no freedom. Jesus promises, "Blessed are the pure of heart ..." This word can also be translated as "O, the joy of being pure of heart." Freedom of heart will bring you great joy. If you choose to believe the truth of Jesus, as he taught through the beatitudes, you can trust that purity of heart leads to seeing His Father, and in seeing your Father, you will find the truth that sets you free.

The last area we need to address when it comes to purity of the heart is purity in your vows. We can be living with our spouse, or they might be gone. No matter where they are, the question is

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where is your heart? Are you standing in the place where you stood when you came to the Father's House and laid your life on the Altar with Jesus for the sake of your spouse? Given what has happened to you in your marriage, it can be easy for you to maintain the distance from love that is now exteriorly between you and your spouse. The two of you are called to be one. An impure heart will be seduced to consider doing all it can to escape the pain, fantasizing about a different life that does not include your beloved. The move of your heart away from your spouse is not pure, because it divides you from the source of Divine Life the Trinity has given you for you to share in their life. Choose purity of heart, an undivided heart, belonging completely to the one with whom you stood when you entered into the Sacramental Covenant of Matrimony. As you do this, your vision of God will become clearer and clearer, seeing Him as you go about your life, leading you to grow in intimacy with Him. Do not compromise - take captive your thoughts, keeping all you are in the state of willingly being reduced to love for the sake of your beloved.

Father, Son, and Holy Spirit,
The One in Three, and the Three in One;
You alone are holy, undivided in your love, one for the Other.

You, O God,
have given me the gift of my husband/my wife that we might enter into your life.
I choose purity of heart.
I reject all spirits of fantasy which would seduce me to separate my heart from my beloved.
I do not want this!
I repent for the times that I have allowed my imagination to wander,
entertaining that which is not real, so as to escape the reality of the moment,
rather than choosing to stand in the fire and be reduced to love.

Holy Spirit,
right order my heart, making it pure in my love for my beloved,
that I might see your presence in our lives.

Jesus,
you have given me my beloved.
I choose them again and again, even as you choose them.
You rejoice in your choice; help me to rejoice in choosing my spouse.