

Dear Padre,

My thoughts are my worst enemy. Sometimes they turn to lust and anger. When I recognize what I am thinking, I pray to Jesus and Mary, but I still struggle. What else can I do?

When angry and lustful thoughts enter our consciousness, we should say a prayer and turn our mind to something else. Such thoughts become sins only when we deliberately encourage them or when we make plans to commit the sin. The thoughts themselves are temptations, not sins.

Continue to put your trust in Jesus and Mary, and try to focus on what is good and peaceful. You might also consider what you are letting into your thoughts or imagination: What are you watching on TV or the internet? What music are you listening to? What are you reading? Are those helping to shape your thoughts and imagination in a new direction, or are they contributing to the problem?

A good thing to turn your attention to is God's word in Scripture. You might want to memorize all or part of the following New Testament verse: "Whatever is true, whatever is honorable, whatever is just, whatever is pure, whatever is lovely, whatever is gracious, if there is any excellence and if there is anything worthy of praise, think about these things" (Philippians 4:8). Peacefully reflect on these words when troubled by temptation. ●



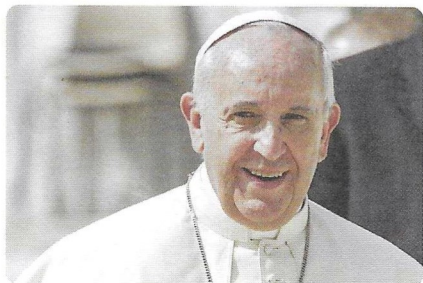
FREEDOM STUDIO / SHUTTERSTOCK

TheRedemptorists.org / DearPadre.org

Do you have a question for the Padre?

Go to DearPadre.org to send your question and to learn more about *Dear Padre*.

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
March 4	March 5	March 6	March 7	March 8	March 9	March 10
<i>Lenten Weekday</i>	<i>Lenten Weekday</i>	<i>Lenten Weekday</i>	<i>Lenten Weekday</i>	<i>Lenten Weekday</i>	<i>Lenten Weekday</i>	<i>Fourth Sunday of Lent</i>
2 Kgs 5:1-15ab	Dn 3:25, 34-43	Dt 4:1, 5-9	Jer 7:23-28	Hos 14:2-10	Hos 6:1-6	2 Chr 36:14-16, 19-23
Lk 4:24-30	Mt 18:21-35	Mt 5:17-19	Lk 11:14-23	Mk 12:28-34	Lk 18:9-14	Eph 2:4-10 Jn 3:14-21



A WORD FROM POPE FRANCIS

The Father sent [his Son] to cleanse the temple: not only the Temple of stone, but above all the temple of our heart. Jesus could not tolerate his Father's house becoming a marketplace (see John 2:16); neither does he want our hearts to be places of turmoil, disorder, and confusion.

HOMILY, IRAQ, MARCH 7, 2021