

Blessed are the Pure of Heart

Pure Demonstration

Take an unopened bottle of water. Show that the seal is still intact on the bottle. Explain that this is pure water and is safe and good to drink. Open the water bottle and take a drink. Before saying anything else, take out a clear cup of sand or dirt and add a few spoonfuls to the water bottle. Put the lid back on and give it a good shake. Ask is the water safe and good for me to drink now? Explain: Of course not. The water is no longer pure. It has been contaminated by sand. This bottle of water is like our hearts when we fill our lives with things other than God and his plans for us. So a pure heart is one that is focused on God, and not filled up with the thoughts and desires of the world.

Create a Clean Heart (for kids)

Cut out hearts from craft foam and allow the kids to color on them with washable marker. Then wash them clean in soapy water. This can keep the little ones busy while the big ones discuss!

Heart Bible Flipper

Create the attached HEART bible flipper to have a new verse each day of the week about dedicating your heart to God.

Examination of Conscience

To know if our hearts are pure, we need to examine them regularly. Take a little time to complete an examination of conscience (see the attached resources). Then discuss and schedule when you could next attend reconciliation to ask God to remove these impurities.

Pure Plan

Having a pure heart doesn't happen by accident! Take some time to brainstorm ways that you could keep your heart pure and focused on God. Go back and consider the ideas you came up with as a family in our first few weeks of COR. Choose one or two to focus on individually and as a family over the next week to grow your commitment to unity with God and his will. Re-read Catherine of Siena's column on the COR guide for a few starting ideas.