

CLASS X

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Chapter - 4.

1. Why it is not easy to live a life of purity today?

The world we live in today is getting day by day 'secularized' and 'sexualized' in every aspect. It seems like everywhere you look, listen and live, impure jokes, posters, movies, programs etc, are waiting to dirty or stain your hearts and minds. God commands us to be pure and Holy.

2. According to St. Paul why do we have to honour our bodies?

St. Paul says "Our bodies are not our own. We have indeed been bought with a price. It was with the precious, unblemished blood of Jesus. As Christians our bodies are God's temple and we are called to use them to glorify God.

3. What is purity of mind and heart?

The battle for purity is fought in our mind and heart. Therefore, we need to guard what goes into our mind through our eyes and ears. Remember that a pure heart is marked by transparency. So, we have to pray everyday "Create in me a pure heart O, God, and renew a steadfast spirit within me - (Ps. 51:10).