



Station 8

Blessed are the pure in heart, - for they will see God. Matthew 5:8

You are blessed when you get your inside world – your heart and mind – put right.
Then you can see God in the outside world (the Message Matthew 5:8)

We are blessed when we examine and know our hearts.

We are blessed when we test our anxious thoughts.

We are blessed when we are willing to refuse illusion and trust in God.

- I ask God to reveal all the situations and relationships in my life where I have felt wholeheartedly accepted by others
- Recall a time when you acted with pure intention and a loving heart
- Can I think of one situation where I felt my heart was muddied by hidden agendas or motivations

Keep your heart pure. A pure heart is necessary to see God in each other. If you see God in each other there is love for each other. Then there is peace Mother Theresa

Grace: I ask God to create in me a pure and selfless heart,

Invitation to action

2 bowls – one with fine dry sand; one with hard pasta shapes

Let the sand run through your fingers as you remember the ease & pleasure of feeling fully accepted: in relationships or situations, savour the memories.

recall times when you acted with pure intention and a loving heart – did it flow like the sand through your fingers?

Now scrunch your hand into the hard pasta shapes and feel the harshness against your skin

recall one situation when your heart felt muddied, hardened by other agendas – ask for forgiveness and the grace to create in me a pure and selfless heart as you receive that perhaps go back to the feel of the sand & the flow of grace.

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