

### Remedies for Impurity

- 1) Receive Holy Communion every day, only if you are in the state of grace
- 2) Devotion to the Blessed Virgin Mary
  - a) Consecration of self to the Blessed Virgin Mary
  - b) Pray the Rosary daily for purity
  - c) Say 3 Hail Marys on your knees, with your hands under your knees, for purity
  - d) Wear the Brown Scapular
  - e) Call on Our Lady immediately when tempted; St. Alphonsus says it is an infallible sign you will not fall
  - f) Pray that the Blessed Virgin Mary will grant you the efficacious grace that you will have a deep hatred for sins of impurity. And that you would rather die in the state of grace than commit a mortal sin
- 3) Pray to the Blessed Virgin Mary to find a steady, faithful confessor who can help and go to them every week.
- 4) Meditate on one of the Four Last Things every day: "Death, Judgement, hell and heaven."
- 5) Practice the presence of God at all times. He knows every thought and deed you do and can strike you dead in your sins.
- 6) Avoid all occasion of sin, avoiding everything that cuts us off from God's friendship (e.g. TV, Internet porn, bad company, etc.)
- 7) Temperance in food and drink. Practice interior and exterior penance.
- 8) Dress modestly.
- 9) Custody of the eyes

**No one falls who practices all the above! You must do all the above, the only exception is #1 if you are not in the state of grace.**

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