## "PRAYER LEADS TO PURITY"

"Prayer is a way of life, not just moments in life. Prayer is a composite of our actions, our thoughts, our words and our deeds. Prayer, in essence, is an expression of our Faith in God. Prayer is a reminder of our dependency upon God. Prayer is an expression of hope. Prayer is communication with God. Prayer is example. Prayer is a means to tell others what our moral values and our moral standards are.

There are many ways to pray: verbally, silently, actively, spiritually. Prayer can be a commitment to a specific vocation of life.

Prayer is protection, for when we are praying, our mind, our body and our Soul are in union with our Faith in God."

"Through my prayers, help me to reach purity. Through my prayers, help me to be example of purity. Through my prayers, help me to teach others purity. Through my prayers, let all things I am become pure."