



Day 22: Lust

Jesus, Most Chaste

Chaste sons are open and receptive, receiving love and intimacy as a gift from another. The chaste man has also grown in self-mastery allowing him to make a gift of himself to another. Lust is the complete opposite. Lustful men are grasping and controlling in their need or their desire for sexual gratification. The lustful man is governed by his desires and has no self-possession. Jesus is the model of the chaste man who is not led by desire but has perfect self-mastery so that he can make a perfect gift of himself. While Jesus was fully a man, with a human nature that allowed Him to experience the fullness of human sexuality, He was without sin, including any inclination to grasp or lust. The Catechism defines lust as, “the disordered desire for or inordinate enjoyment of sexual pleasure” (CCC 2351). Jesus, in living His sonship, had fully ordered desires and a fully ordered sexuality. Jesus was not “asexual”. In the fullness of His masculinity and sexuality, Jesus lived the gift of purity and chastity, truly open and receptive to receiving the gift of love from His Father and from His friends. This set Him free to love fully and give His life away in love.

Mary, Protector of Purity

The gift of Mary’s motherhood protects our sonship. Her feminine heart gently reminds us that all love is given, and there is a need to receive it. Mary stood next to Jesus and radiated a concrete proposal: Receive! Then, be yourself and live to the fullest depths of your dignity as a man! Mary constantly gave Jesus permission and encouragement to be Himself, to live from His deepest identity as a man and a son. Her vocation and role was to stand beside Him, mothering Him to stay open and receptive to His Father in heaven and also to His work and mission. Mary helped keep Jesus connected to His identity and mission. What a mother!

St. Juan Diego and Us

You are not an object but a gift. Coming face to face with lust is to humbly recognize our own failings. Lust damages our identity as we turn ourselves and others into objects. The world says yes to the free reign of lustful passions and desires. God says that living this way hurts us and distorts our masculinity and sonship. At the time of Juan Diego, there were gangs of Mestizo children (mixed race between Spanish and Native people) who were rejected and abandoned by both peoples. These children, the result of war and rape,

were seen as objects to be discarded, but Our Lady appeared as one of them to restore their identity, and in doing so, restored both the Native and the Spanish cultures. Natives and Spaniards flocked to the image of Our Lady and turned away from their sinful and cruel ways of life. A Spanish testimony from 1556 affirms that “many games and many illicit pleasures” had ceased following the Guadalupe Event. As men, we have choices. Choosing to live a life of grace and virtue allows us to soar to the heights of our dignity as men and sons of God.

Prayer

O Jesus, we adore You, we love You, and we thank You for the gift of Your presence. You knew the gift of chastity that radiated from your Heart and You teach us in Your belovedness to always receive instead of grasp, and this gives us great hope. We ask You now to hear this prayer.

Our Lady of Guadalupe, Mother of God and Mother of us, draw us close to your heart. Help us by your prayers to receive again the gift of our own dignity as men and beloved sons. Like Juan Diego, help us to let go of our sinful and lustful inclinations, and receive the gift of intimacy and love we were made for.

Amen.

After reading today's reflection, [pray the Litany of Restoration of Sonship.](#)