

# Eliminating Impurities Worksheet

Remember:

+“Blessed are the pure of heart, for they shall see God.” (Mt 5:8)

+Purity grows when we eliminate impurities.

## Step 1: Make a List of Weekly Activities

Write everything — scrolling, TV shows, errands, phone habits, side projects. Nothing is too small.

[illegible]

## Step 2: Choose One

What is one thing — just one — that, if you removed it, would make your heart a little more free, a little more pure?

Cross it out. Offer it to Him. And let it go — for good.

*Create a clean heart in me, O God, and renew in me a righteous spirit. (Ps 51:10)*