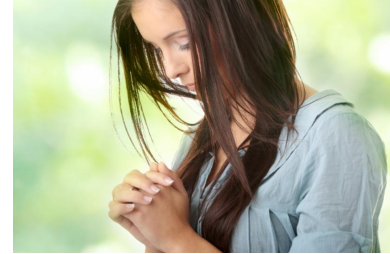


# Puberty Spiritual Changes

## Spiritual Change

As you mature, your faith will also grow. But while your body may just naturally grow on its own, your faith is something not to be taken for granted. It takes a conscience effort to grow in understanding of the Lord and where He is calling you.



Someday, God will share with you His plan for you. To know where He is calling you - listen. And the best place to listen is in prayer. He may be calling you to the vocation of the priesthood, religious life or marriage.

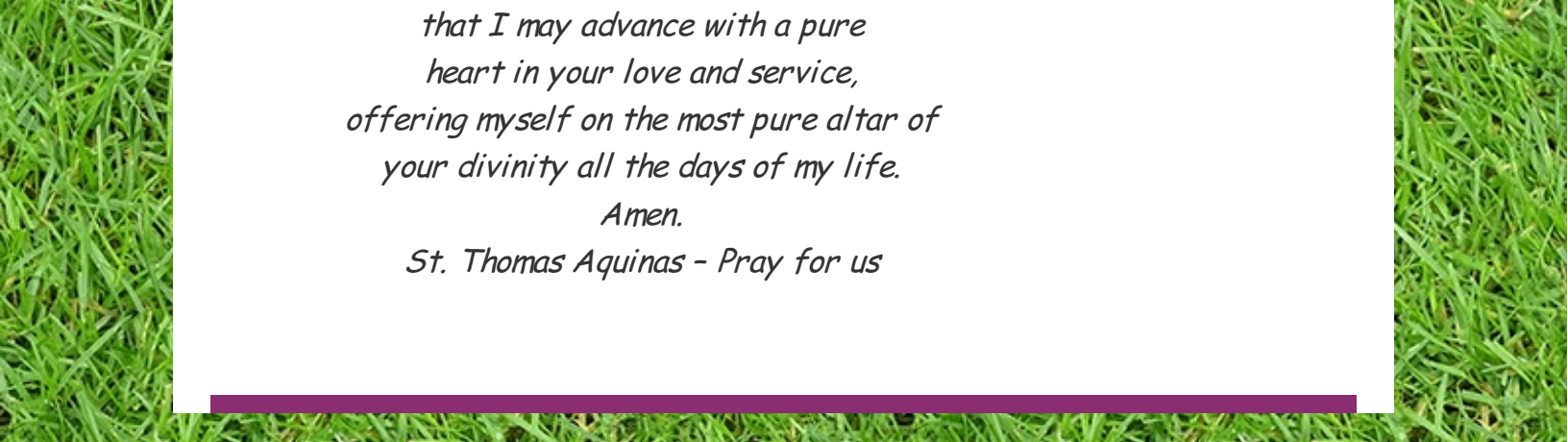
It is important during these changing years to talk to your parents. They love you and want to help you. Asking them questions, even about things that are hard to talk about is OK. Remember, they have been through puberty too. If they don't have the answer, they love you enough to get the answer for you. God has entrusted you to them as your guide.



## St. Thomas Aquinas Prayer of Purity

*Dear Jesus,  
I know that every perfect gift,  
and especially that of chastity,  
depends on the power of your providence.  
Without you a mere creature can do nothing.  
Therefore, I beg you to defend  
by your grace the chastity and purity of my body and soul.  
And if I have ever sensed or imagined  
anything that could stain my chastity and purity,  
blow it out,  
Supreme Lord of my powers,*



A decorative border of green grass surrounds the text on the page.

*that I may advance with a pure  
heart in your love and service,  
offering myself on the most pure altar of  
your divinity all the days of my life.*

*Amen.*

*St. Thomas Aquinas - Pray for us*

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