

## GOSPEL PEARLS

# How lust is overcome

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*Jesus said to his disciples: "If you love me, keep my commands. And I will ask the Father, and he will give you another advocate to help you and be with you forever— the Spirit of truth. The world cannot accept him, because it neither sees him nor knows him. But you know him, for he lives with you and will be in you. I will not leave you as orphans; I will come to you. Before long, the world will not see me anymore, but you will see me. Because I live, you also will live. On that day you will realize that I am in my Father, and you are in me, and I am in you. Whoever has my commands and keeps them is the one who loves me. The one who loves me will be loved by my Father, and I too will love them and show myself to them." (John 14: 15-21)*

One of the inheritances of original sin is lust, which is a tendency towards evil. Lust, indeed, has not been taken away from us by our baptism. Yet in fighting against it, we advance on our spiritual journey toward God. Our will is not enough to overcome lust. Divine grace is needed which makes us holy. Grace is given to us by the Holy Spirit mainly through the sacraments.