



A weekly reflection by members
of the Precious Blood Community

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Valeria Rodriquez

"He was amazed at their lack of faith" (Mark 1:6)



Jesus questions the widely held belief that holiness is determined by rituals and outward acts.

According to his teachings, genuine contamination originates from the heart rather than from what enters the body. We are reminded that sin originates inside, in our thoughts, intents, and immoral acts, which include wicked ideas, stealing, murder, adultery, and more. Jesus exhorts us to cleanse our inner selves by probing the deepest corners of our souls. He reminds us that a changed heart cannot be replaced by any external observance. God wants a change of heart, but the Pharisees were too focused on outward purity to realize this. I am reminded that our hearts, thoughts and what we portray to the world are what makes us holy, it is within ourselves.

Valeria Rodriquez is a second-year student at Newman University majoring in radiologic technology. She is an ASC Scholar Merit Award recipient. To learn more about Newman University, sponsored by the Adorers of the Blood of Christ, visit: newmanu.edu.

This weekly reflection is made available to everyone in our Precious Blood family. Feel free to share it with others. Would you be willing to write a reflection? If so, please contact Vicky Otto at votto@pbspiritualityinstitute.org