

*Create in me a clean heart, O Lord.
Let your Spirit conform me to your image.
Purify my mind and heart to know
what is acceptable to you.
Help me to know your truth
and practice your ways.
Protect me from being indifferent to
sensuality and impurity in myself and
towards others.
Lead me to grow in the virtues
of moderation and modesty.
Guide me to live a chaste life.
Strengthen me to have self-control
over my passions.
Help me to flee from temptation and to
lovingly pursue what is true and good.
May my thoughts, words, and actions
be pleasing to you.*