



WORD OF LIFE

L. Felipe (Colombia)

## I learned to turn it off

A while ago, I went through a period when I let myself be dragged into watching whatever was on TV, without reacting in any way. It was like a vice that was keeping me a prisoner.

Often the movies I watched had very bad scenes in them.



I thought that maybe by watching those things I could find an answer to questions I had, but instead I started to have doubts about everything. I knew that what I was doing was wrong, but I just couldn't stop.

I wasn't paying attention at school and my work was suffering because of it. My parents weren't happy about this and so we often argued.

One day, I was reading the Word of Life with some other youth, and I remembered that only the pure of heart see God.

Jesus was so strong in saying 'The truth will set you free' and it made me understand that I had to turn off the TV if I wanted to be free.



From that moment, I stopped watching those movies. I felt so light-hearted, as if a huge weight had been lifted off of me.

I asked God to forgive me for everything I had done in the past, believing in his mercy. Not watching TV now is for me a chance to love and not think only of myself.

Cut and fold here to obtain a bookmark.



**CODE OF LIFE**  
 You are already clean, because of the Word that I spoke to you! (John 15:3)

4



What does it mean to be clean?

It means to be pure, ready to stand in front of God without any obstacles (like sins, for example) that hinder our relationship with him.

Jesus tells us that there is a way to become pure, and it's his Word.

The words of Jesus are not like human words. Jesus is present in his words, just like he is present, although differently, in the Eucharist. Through his word, Jesus enters into us. Accepting his words and putting them into practice allows Jesus to be born and grow in our hearts.

Allowing the Word to act within us, we are free from everything, and thus refuse to be conditioned by things around us. In this way we are pure.

How can we live purity? By putting into practice the Word of Life, nourishing ourselves with it moment by moment.

In this way we can reach the point of having the same thoughts and feelings of Jesus, and allow him to live in the world again, showing people the purity that comes from the Gospel.

If we know other people who share our desire to live like this, then during this month, let's try to put into practice the Word of Life that tells us to love one another.

When we love one another, we are living the Word and one of its effects is to make us pure, bringing us closer to God.

A person who is isolated from others can't resist temptations or the attractions of the world for long.



In mutual love we find a healthy environment, capable of protecting our authentic Christian life.



IN ACTION

How long has it been since we met with other people in our city who live the Word of Life?

## LET'S GO FOR IT!



Let's get to know someone else who has decided to put the Word at the basis of their life.

Which talents can we put at the service of others? Let's look around and see if anyone near us is suffering, or feels alone...

Maybe there is someone we haven't spoken to in a long time because we had a fight with them or we don't agree about something. Let's look for the opportunity to mend the relationship with them.

[www.teens4unity.net](http://www.teens4unity.net)