

Reflection Questions

- How has God begun to “rebuild the temple” of your heart in recovery?
- What attitudes or behaviors still need to be cleansed so that His Spirit can dwell more freely in you?
- How can you allow God’s grace to flow through you to bring life and healing to others?

Catholic in Recovery Novena

Begin today and join the Catholic in Recovery community as we unite in prayer!

- Receive a reflection and prayer in your inbox over nine days to cultivate surrender and healing
- Journey with the intercession of St. Jude, St. Monica, St. Joseph, St. Augustine and other saints related to addiction recovery
- Register today by visiting catholicinrecovery.com/cir-novena

Sunday Mass Readings this Week

First Reading: Ezekiel 47:1-2, 8-9, 12

Responsorial Psalm: Psalm 46:2-3, 5-6, 8-9

Second Reading: 1 Corinthians 3:9c-11, 16-17

Gospel: John 2:13-22

Feast of the Dedication of the Lateran Basilica in Rome



The Feast of the Dedication of the Lateran Basilica celebrates the Mother Church of all Christendom—a symbol of unity, holiness, and the indwelling of God among His people. It reminds us that while sacred buildings are important, the true temple God desires is the human heart, cleansed and renewed by grace.

In recovery from lust addiction, we have come to see how our hearts had become desecrated by selfishness, fantasy, and shame. Yet God has not abandoned us; He has begun the work of rebuilding us from within. Step Three invites us to turn our will and our lives over to His care, allowing Him to restore purity, integrity, and peace.

The prophet Ezekiel's vision describes the living water that flows from God's temple, bringing new life wherever it touches (Ezekiel 47:1–2, 8–9, 12):

*The angel brought me back to the entrance of the temple,
and I saw water flowing out from beneath the threshold of the temple toward the east...
Wherever the river flows, every sort of living creature that can multiply shall live...
Their fruit shall serve for food, and their leaves for medicine.*

This image captures the essence of spiritual renewal. When we allow God's mercy to flow into the broken places of our lives, healing spreads like a river, washing away shame and giving birth to new hope.

Saint Paul echoes this truth in his letter to the Corinthians (1 Corinthians 3:16–17):

*Do you not know that you are the temple of God,
and that the Spirit of God dwells in you?
If anyone destroys God's temple, God will destroy that person;
for the temple of God, which you are, is holy.*

In lust recovery, we often rebuild trust with ourselves, others, and God. This rebuilding requires honesty and courage. When we confess our struggles and stay accountable, we are cleaning the temple of our hearts. God's Spirit fills that space, not with condemnation, but with peace.

In the Gospel, Jesus cleanses the temple (John 2:13–17):

*He found in the temple area those who sold oxen,
sheep, and doves,
as well as the money changers seated there.
He made a whip out of cords and drove them all out of the temple area...
and said, "Take these out of here,
and stop making my Father's house a marketplace."*

Recovery sometimes feels like this cleansing—painful but necessary. Old habits must be overturned, hidden shame must be brought to light, and the temple of our hearts must be reclaimed for God's glory. Yet, this is not destruction; it is renewal.

The Lateran Basilica, consecrated centuries ago, continues to stand as a visible sign that God is always renewing His Church. Likewise, our lives—once enslaved by lust—can stand as living signs of His mercy. Every act of honesty, chastity, and love bears witness to the God who makes all things new.