

your mind, such as certain amusements and conversations that are vain and useless, and that even on this account are more opposed to the sanctity of the action which you are about to perform.

IX. Spend the three or four days which precede Communion in sacred reading, which will fill your heart and spirit with the sentiments that ought to animate you on so great an occasion. The Memorial of a Christian Life, by Lewis of Grenada, is most useful for this purpose. You should also join good works, and particularly alms, which will produce for you the graces necessary for you to communicate in a holy and profitable manner. Add, also, a little review of your conduct, to see whether since your last Communion you have been more faithful to God, and whether you have made any progress in the way of salvation. You should particularly note those things in which you perceive you have fallen off. This ought to be the subject of the principal interior acts which should accompany your approaching Communion.

X. If it be possible, arrange an interview with your Confessor some days before Communion, that he may assist you by his advice in the due performance of so holy an action.— Nothing is more calculated to enable you to fulfil all your duty in this respect, than a conference with him who holds the place of God in your

regard, and in whom you have placed confidence.

*Advice for the time of Communion.*

I. Consider the day of your Communion as a day which should be entirely and solely consecrated to Jesus Christ; so that you may accomplish to the letter the precept of the Holy Ghost: *Let no part of a day escape without profit.* Eccles. xiv. That is, that you should lose no part of so happy a day, and that every thing you do on that day should be referred to the principal action upon which your mind should be engaged—the Communion itself; getting up, for example, with this thought: *this is the day that the Lord has made for me*; going to the Church in this sentiments: *Behold the bridegroom cometh, let us go out to meet him.* But above all, we should do no profane or frivolous action, which would betray a relaxed spirit, or one little affected by the things of God.

II. Assist at the Mass before Communion in the same spirit with which you would have assisted with the Apostles at the last supper, when Jesus Christ administered them Communion with his own hands, since what passed then in the person of the Apostles is renewed in you; and, because by the ministry of the Priest who represents Jesus Christ, you are about to participate in the same honour, and to receive the same grace. For this purpose, entertain yourself during Mass, and until the time of Communion, in the following thoughts and affections.

III. With a lively faith in the real presence of Jesus Christ in the Eucharist; making interior professions of this faith, and saying with the man, who was born blind, in the Gospel: *Yes, Lord, I believe.* I believe that it is yourself I