

Rules specified by the Church for frequent and daily Communion.

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(Continued.)

### II. — FIRST DISPOSITION NECESSARY FOR COMMUNION : THE STATE OF GRACE.



O begin with, only the living can eat, and the living, when there is question of the supernatural life, are they who actually possess the life of sanctifying grace, the state of grace.

This state of grace is the fundamental disposition for Communion, whether that Communion be rare or daily and universally admitted and adhered to except by Protestants who claim that, in spite of mortal sin, faith alone suffices as disposition for Communion.

This state of grace is literally speaking the only disposition St Paul exacted from the faithful and that at a time when they communicated daily. After having warned the Corinthians "that whosoever eat this Bread or drink this Chalice unworthily would be guilty of the Body and Blood of the Lord," he adds, "let every man then prove himself." According to Tradition and the Council of Trent this necessary proof consists, in that any one conscious of a mortal sin not accused, shall not approach the altar, either to celebrate or receive the Sacred Mysteries, without first having made sacramental confession, no matter how great his contrition may be.

Cardinal de Lugo concludes, since St Paul allows those free from mortal sin to eat this Bread and drink this Chalice, there is no other disposition (habitual) absolutely required, otherwise the Apostle's doctrine would