

5. Because, with regard to children in particular, our Holy Father, in a special decree, has written:

"Those who have the care of children should use all diligence so that after First Communion the children shall often approach the Holy Table, even daily if possible, as Jesus Christ and Mother Church desire."

Conditions—The only conditions demanded for frequent and even daily Communion are (1) to be free from mortal sin, and (2) to have a good intention.

Objections—"But," you will say, "I am not good enough." Answer—It is for that very reason you should go. Our Holy Father the Pope reminds us that the Most Holy Eucharist was instituted not so much to give honor to our Lord as to preserve us from sin and to support us in our weakness.

You will object in the second place—I never did it before and the people will wonder and talk about me if I go often. Answer—Do not be so foolish as to expose yourself to spiritual loss through fear of what other may think or say. The saving of your soul is your own business. Your soul will stand or fall by itself. Those that sneer at you now will be able to do nothing to help you when you stand before your Judge.

Try it—for a time, at least, practice frequent Communion, and try its blessed effects. Prepare as well as you can, and ask from our Lord whatever you want.

You will learn that in frequent Communion you have every spiritual blessing you desire and in the end you will have everlasting life.

"He that eateth this Bread," our Lord said, "shall live forever" (John vi, 59). Will you not try at least weekly Communion for a month, or go three times a week for the same period, and then judge for yourself? St. Teresa, in encouraging a certain devotion, wrote:

"If you do not believe me, try your own experience and then judge."

