

Communion. The Ven. M. Avila spent two hours in prayer after Communion, even during the missions. Father Balthasar Alvarez used to say, that we ought to set as much value on the time after Communion as if we heard from the lips of Jesus Christ Himself the words which He addressed to His disciples : " But you have not me always with you." It is not a good practice to begin, as some do, to read immediately after Communion; it is better to spend at least a little time in holy affections, in speaking from the heart with Jesus Christ, who is within you, and in repeating several times some tender affection or prayer. Jesus Christ, who is within you, repeated the same prayer for three hours in the garden : " And He prayed the third time saying the self-same words."

After Communion, then, the soul should entertain herself with Jesus in affections and prayers. We should be persuaded that prayers after Communion have greater value and merit before God than those that are offered at other times, for then the soul is united to Jesus Christ and her acts derive value from His presence. Moreover, we must consider that after Communion Jesus Christ is more disposed to bestow His graces. St Teresa says : " that at that time Jesus remains in the soul as on a throne of grace saying to her : " What wilt thou that I should do to thee ? " As if He said : O christian soul, I am come for the express purpose of giving thee my graces ; ask what thou wishest, and thou shalt obtain it. O devout soul, what treasures of graces wilt thou receive if thou dost continue to entertain thyself with Jesus, at least for a quarter of an hour after Communion ! But even after thy thanksgiving, thou must, during the day of thy Communion, take care by prayer and affections to keep thyself united with Jesus whom thou hast received.

