

to see whether you really believe that Christ is present there. So that your outward reverence and devotion in receiving is to their eyes a declaration of your faith.

One should swallow the Sacred Species as soon as one comfortably can, lest by keeping the Host too long in the mouth, it should dissolve and lose the appearance of bread. If the Host adheres to the roof of the mouth, loosen it with your tongue—if you cannot do so at once wait quietly for a moment and then try again—there is no need of being disturbed at an accident which happens without our fault.

Finally, we should remember how precious are those first moments after we have received, and not allow any distracting thought to enter into our soul, where the King of Glory has come to dwell. In a quarter of an hour the Sacred Species will very probably vanish away, and then Christ's bodily Presence ceases within us.



How munificently will God reward those who under every darkest disguise, knew Him and felt for Him and fought for Him always as their King.

