

more it is acted upon by grace. Those good people who, during thanksgiving, worry themselves to stir up semi-hysterical piety or rack their brain for sublime conceptions or fly to a book to help imagination are simply putting as many obstacles in the way of grace. They are substituting self for Christ and must ever remain of earth earthy.

But, will someone say, if this be so, and if Our Lord is to do everything, what need can there be of preparation on our part? Banish that thought, dear Reader, it covers a most dangerous illusion. Know and remember that *never*, at Holy Communion, shall you be able to effect the surrender of yourself to God unless your whole being be thoroughly prepared. Every sin venial or other, every imperfection, idle word or cultivated sensuality clogs the spirit, burdens it, weakens it and makes it less fit for the operations of Christ upon which its entire sanctification depends. It becomes unresponsive, filled with self, empty of Him ;