



Why do so many vain fears  
keep you away from  
frequent and daily  
communion ?

SIXTH DIFFICULTY : — PREPA-  
RATION AND THANKSGIVING.

## II

( Continued. )

*I do not communicate every day,  
nor even often, because I cannot  
remain in church to make my  
thanksgiving.*

THE thanksgiving after Com-  
munion, Christian soul, is not  
*necessary* in order to receive  
fully the effect of this Sacrament. It suffices, again I re-  
peat to you, to be conscious of no mortal sin and to ap-  
proach the Holy Table *devoutly*. To omit it, then, through  
*necessity*, does not diminish the Eucharistic glory of your  
sweet Jesus, the Divine Eucharist being in Itself both the  
gift and the thanksgiving. The thanksgiving, therefore,  
consists, above all, in receiving It with reverence and  
devotion.

Thanksgiving after Communion is, however, highly  
beneficial and proper, and I recommend it to you most