



The State of Grace for Communion

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Probet autem se ipsum homo ; et sic de pane illo edat et de calice bibat.

But let a man prove himself : and so let him eat of that bread and drink of that chalice.

(I Cor. XI, 28.)

I



THE Eucharist is a bread of delights. The first condition for participating in It, is to be alive, that is, to be in the state of grace. This is the first and essential condition—freedom from every mortal sin.

Without doubt, propriety demands still more, that we be pure from venial sins ; it demands, also, piety and the practice of the virtues. But all that is relative. It is demanded more of a religious than of a laic, more of a person who lives solitary and retired than of one charged with the care of a family. But the general, indispensable law, which holds good for every one, is to be free from mortal sin.

Let us, then, entertain no exaggerated fears, no vain dread on the subject of the conditions required for Communion. Are you in the state of grace ? Do you wish to draw near to Jesus, to unite yourself to Him ? Come then ! If you possess some virtues, you will glorify God more, and your dispositions will be more perfect. But even in this case, who could think himself perfectly