

It is a gift, an irrevocable gift that Jesus makes us of His own Heart in Holy Communion. As long as the Eucharistic Species remain in our breast, we really possess Jesus' Heart of flesh. It loves, prays, adores and wills in us. It is for us to unite our tepid and cowardly, our blind and egotistical heart to the Heart of Jesus, to lose it in His, in order to love God, our Father, in a manner worthy of Him. As soon as the Sacred Species are consumed, Jesus' Heart of flesh disappears with the Sacrament; but Jesus continues to remain in us spiritually, in order to make us live of His own life. We remain spiritually and very really united to His Heart, which loves, acts, suffers, and merits in us. Our life led on by His light and receiving His inspirations, will become truly supernatural. St Bernard comprehended the gift of Jesus' Heart in Communion when he penned these words of loving confidence: "Since we have had the happiness to approach the most sweet Heart of Jesus, and since it is good to remain in It, let us never separate from It. How sweet it is to dwell in that Heart! Infinite treasure, precious pearl, is the Heart that I have found in Thy most sacred Body, O Jesus! Who could neglect such a treasure? Far from doing so, I will give all that I have, my thoughts, affections, heart, and mind, to purchase It, and I will abandon myself to Its direction. That Heart is a temple, a sanctuary, the Ark of the Covenant, and there it is that I will go to pray, to adore, to praise the name of the Lord, saying with David: '*I have found my heart in order to pray to my God.*' Yes, I have found, I have possessed myself of the Heart of my King, of my Brother, of my faithful Friend, the Heart of my Jesus. What henceforth can prevent me from praying with confidence? My own heart is full of hesitancy, not knowing how to pray, but the Heart of Jesus is now my own: *Cor enim illius meum est.* If Christ is my head, if I am His member, is not all that is His mine, also? It is, then, with Thy Heart, O most sweet Jesus, that Heart which is Thine and mine at one and the same time, that I will pray, for Thou art my God. Suffer my prayers to penetrate into that Sanctuary in which Thou wilt always hear them favorably. Still more, draw me entirely into Thy Heart that I may dwell therein all the days of my life!"