

97. *Do all who make Holy Communion receive the same graces?*

Those only who receive Holy Communion with the due dispositions receive those graces. Those who make Holy Communion without the due dispositions, do not receive those graces, and commit a great sacrilege.

98. *How shall we prepare to receive Holy Communion?*

To receive Holy Communion we must be well prepared in soul and body.

99. *How shall we prepare our soul?*

By purifying our soul from all sins in a good confession, and by kindling in our hearts an ardent love for Jesus Christ.

100. *How shall we kindle in our hearts an ardent love for Jesus Christ?*

By acts of a lively faith, of firm hope and ardent love: by fervent contrition and firm purpose to sin no more, and by a burning desire to receive Jesus Christ in Holy Communion.

101. *How shall we prepare our body?*

We must abstain from midnight from everything which is taken as food or drink, we must have our body clean and decently dressed, like persons who are invited to the presence of a great king.

102. *What should we do after Holy Communion?*

After Holy Communion we should solely think of Jesus Christ present in our hearts. After Mass we should not leave the church

with the people who did not receive: we should remain some time to entertain Jesus Christ.

103. *How shall we entertain Jesus Christ after Holy Communion?*

We must adore Him present in our hearts; we must thank him for all His blessings; we must ask Him to help us to persevere in His grace; we must renew our resolution to resist all temptations, and to avoid all occasions of sin; we must offer Him our heart, body and soul, to be consecrated entirely to His service; then we pray for the living and the dead.

104. *Is it good to desire to receive Holy Communion when we cannot actually receive it?*

Yes, it is very good to desire to receive Holy Communion when we cannot actually receive it. Jesus Christ answers our desire by coming to us and by pouring abundant graces in our hearts.

XIII. PENANCE

105. *What do you do when you want to receive the Sacrament of Penance?*

When I want to receive the Sacrament of Penance, I do five things; 1st. I examine my conscience; 2nd. I excite myself to contrition and firm purpose; 3rd. I confess my sins to the Priest; 4th. I receive absolution; 5th. I perform the Penance of Satisfaction imposed by the Priest.

106. *What do you do when you want to examine your conscience?*