



The Holy Eucharist is the perfect grace, for it contains verily Christ Himself, the plenitude of grace.

*As pants the hart for cooling springs,  
Among the rocks and barren sands,  
So doth my soul, O King of kings,  
Long for refreshment at Thy hands.*

Remember that God is love and kindness itself, and that by means of this sacrament He wishes to give Himself to your soul.

*My soul, O God, doth thirst for Thee.  
For Thee, the source of every grace;  
O when shall I Thy beauty see,  
When shall I see Thee face to face?*

Never omit Holy Communion of yourself, for you do not know if God has not resolved to give you a special grace just in this Communion.

*Where art Thou, Lord, my life, my all?  
Thou art above, around, within;  
Whate'er betides, on Thee I'll call  
To save me and to pardon sin.*

We do a great injustice to the love with which our Lord gives Himself to us in this Sacrament, if we can communicate and fail to do so.

*Why, then, my soul, art thou depressed?  
God is thy drink, and He thy food;  
Bequeathed to thee His last bequest—  
His Body and His precious Blood.*

In order to prepare yourself better, perform all the duties of your state, with the pure intention of pleasing God; this is the best preparation to communicate well.

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