

This loving Saviour has given us for the nourishment of our souls His adorable Body and precious Blood, He invites, implores, urges us to partake of it and threatens us with punishment if we refuse His invitation.

"Compel them to come in," He says in the gospel, "compel them to partake of my supper," (Luke XIV. 23.) Why does our Lord use such insistence? He would make man love Him. And what means is left Him to gain that love, if this celestial Food does not set our hearts on fire? The principal end you should have in receiving Communion, says St Francis de Sales, "should be to advance and strengthen yourself in the love of God, for you should receive by love what love alone can give you, and it is inconceivable that the divine Saviour who has instituted this mystery in order that He might be loved, should ever refuse His love to those to whom He gives Himself without reserve.

The Visit to the Bl. Sacrament. — The third means of acquiring the love of God is by frequent visits to the Blessed Sacrament. Friendship is kept alive and increased among men by frequent visits and conversations. It is by like means that we must learn to love Jesus Christ more ardently. Since our Lord dwells upon our altars, in order to be continually with us, how tender must be His affection for those who are frequently with Him. It is upon them that He lavishes His graces with more generous bounty.

There are visits of politeness, and visits we make to the friends we love. To omit the first would be a fault, but it is not generally to these that our Lord's particular favors are accorded. The days of the great feasts, the time of Mass, etc., are to Jesus, as visits of ceremony and civility. Our absence would be remarked if we came not with the crowd, but the visits that are made at certain hours of the day when Jesus is almost left alone, when the greater number forget Him, these are the visits of His friends.

It is then, above all, that He communicates Himself more intimately to His confidential friends that He speaks to their heart, and tells them the secrets of His love.