

on the plea that they are unworthy. "Unless you eat the flesh of the Son of Man, and drink His blood, you shall not have life in you." If your humility be genuine, it should help you to prepare for Holy Communion. Let the thought of your unworthiness help you to esteem Christ's enefable condescension; let it prompt you to pray with greater fervor; but let it not keep you away from the fountain of life and the source of all good.

---

### The Blessed Sacrament is everything to us.

---

I said before that the Blessed Sacrament was the triumph of the Church over the world, of spirit over matter, of grace over nature, of faith over sight. Now I will say more. The Blessed Sacrament is everything to us. If we wish to be all for Jesus, there is our way, there is Himself. If we desire to see how Jesus is all for us, or, which is another thing, how He is all in all to us, the Blessed Sacrament is at once that double revelation. All the doctrines of the Church, creation, incarnation, grace, sacraments, run up into the doctrine of the Blessed Sacrament, and are magnificently developed there. All the art and ceremonial, the liturgical wisdom and the rubrical majesty of the Church are grouped around the Blessed Sacrament. All devotions are united and satisfied in this one. All mysteries gravitate to this, touch upon it and are crowned by it. Nowhere are the marvellous perfections of the Invisible God so copied to the life and displayed to His creatures. All the mysteries of the Incarnation are gathered into one, in the Blessed Sacrament. All the lives and actions of Jesus are found therein. All the other sacraments subserviently minister to this, and it is the one only Sacrament which Jesus Himself received. It does His work better than anything else does, and answers as nothing else does all the ends He has in view. It is the greatest work of God, and the sabbath of all His works, for therein the Creator's love, power and wisdom find their rest. It is the triumph of Creation, the triumph of Redemption, the triumph of the Sacred Humanity of Jesus, the triumph of the Holy and undivided Trinity.