

obtaining the grace. The means are simple and efficacious, and one might say in this matter, that to ask is to obtain.

But alas, my God, the reason we ask it not, is too often, because we fear to obtain. We fear, miserable creatures that we are, lest hearing our prayers, Thou wilt oblige us by Thy gift, to become more religious, more devout and more mortified than we desire, that if we would love Thee ardently, we must perforce learn to hate what we have hitherto loved, and love still.

Lord, Thou didst come to bring fire upon earth and what wilt Thou, but that it be enkindled! What then, shall hinder me from being wholly consumed with that divine fire! Give me, I pray Thee, O Lord, Thy love.

Frequent Communion. — It is sufficient to know what Communion is to realize that to acquire the love of Jesus Christ, there is no means so sure, as to receive Communion often. "Can a man carry fire in his bosom," says the wise man, "and his garments shall not burn?" (Prov. vi. 27.) The love of God has lit a burning flame upon our altars in the Holy Eucharist, and in approaching this divine flame, God's Saints have been set on fire with the ardent and tender love of Christ. The love that inflamed them after receiving the divine Host, shone forth upon their radiant faces, and many of them consumed with ardor were forced even in the depths of winter, to seek relief from the burning flames that filled their breasts. Nor can we doubt that the intense love that inspired the martyrs and the first Christians was the result of their frequent and daily Communions.

It is a fact that those whose innocence of life and true piety render them worthy to receive communion frequently, love Jesus Christ more and more, and far from awakening lassitude and disgust by frequent reception, the Bread of Angels creates in them a divine hunger that increases day by day.

"The Blessed Sacrament of the Altar," says St Bernard, "is the Love of Loves," that is, it is the greatest expression of the ever active love of Jesus for man, and the most fruitful source of the ardent love that man should have for Him in return.