



Why do so many vain fears  
keep you away from  
frequent and daily  
communion ?

SIXTH DIFFICULTY: — PREPA-  
RATION AND THANKSGIVING.

I

(Continued.)

*I do not communicate daily nor often, because, not having time to prepare to receive so august a Sacrament, I fear doing so unworthily.*

What do you understand, Christian soul, by that word *unworthily* ? Do you mean the committing a grave sacrilege ? I reply that it is a *vain fear* ; for as I have proved to you, a Communion is really unworthy and sacrilegious *only* in the case of *certitude* with regard to being in the state of mortal sin.

Perhaps you wish to say that, not having the time to prepare, you fear not having all the devotion required.