

and to whomsoever He pleases. The Holy Eucharist therefore imparts grace to those who receive it with sentiments of faith, sorrow, love, humility, etc., and helps them along the path of duty from day to day; it thus accomplishes what Christ intended it to do, and nothing more need be desired. Others may say: I seem to be as bad after Communion as before, and I fall so easily into the same faults. They do not see what progress they have made; but it is none the less true, that they might have been worse if they had not gone to Communion. If they really do fail to profit by Holy Communion, the reason must be found either in a lack of due preparation and thanksgiving or else as I have already stated, in the fact that they make use of Holy Communion as though it were an end, by looking for sensible consolation, instead of looking upon it as a means of effectively influencing the mind, and heart, and will. They have been to the altar rails, and they are satisfied that they have been thus far devout; it does not occur to them that Holy Communion should help them, by reason of the grace it imparts, to overcome the faults to which they are subject; they are perhaps satisfied with the exterior act of piety, and the consequence is that there is not much communion between the soul and its Divine Guest; there is not the humble, confident pleading that can draw down upon the soul the grace that enables a person to become, surely though imperceptibly, more Christ-like.

Other persons there are that absent themselves from the Holy Table on the plea that they are not worthy to receive Holy Communion. They are not worthy; so they say. The Holy Eucharist has been instituted by Christ as a means of sanctification and spiritual progress for souls that are weak, tempted, and tried: "They that are in health need not a physician, but they that are ill." They say they are unworthy: Saint Peter deemed himself unworthy of the honour proffered him, when Christ condescended to wash the feet of His Apostles! "Thou shalt never wash my feet" were the words that fell from the lips of Peter but His Divine Master said to him in answer to his refusal: "If I wash thee not, thou shalt have no part with me." In similar terms does Christ speak to those who would fain avoid receiving Holy Communion