

am about to receive in this sacrament ; you, who having been born for me in a crib, were pleased to die for me on a cross, and who all glorious in heaven, are yet concealed under these adorable species. I believe it, O my God, and I am more certain of it, than if I beheld it with my eyes, because my eyes may deceive me, but your word is infallible. Although my senses and my reason may tell me the contrary, I renounce both, to captivate myself in obedience to faith, and if it were necessary to suffer a thousand deaths in defence of this truth, I would sooner endure them, O Lord, with the assistance of your grace, than deny my faith or my religion on this point

IV. With a respectful adoration, which is, as it were, the natural consequence of this act of faith ; for as it is Jesus Christ himself, whom you are about to receive, it is just that you should render him beforehand the homage that you owe him as your sovereign and your God, after the example of the primitive Christians, who, according to the testimony of St. Augustine, never received the flesh of the Redeemer in the sacred mysteries without having first adored it. Hence, whilst the priest celebrates, but particularly at the Elevation of the Host, frequently repeat in spirit these words of St. Thomas : *My Lord and my God !* (John xx.) adoring Jesus Christ on the altar as the wisemen adored him in the stable of Bethlehem, and protesting to him, with St. Bernard, that the more he has humbled himself for your sake, the greater respect, veneration, and zeal, you will have for him.

V. With a profound annihilation of yourself, being astonished that a God of so great a majesty should vouchsafe to descend from heaven to visit you ; say-

ing with much more reason than the mother of the Baptist, when she received the visit of the blessed Virgin ;— *Whence comes to me this excess of goodness !* (Luke i.) that My Lord and my God should come to visit me. Or, with the Centurion : *Ah ! Lord, I am not worthy you should enter into my house.* Matt. viii. Or, with holy Job : *And what is man, O Lord, that he should be raised to such a degree of glory ?* Job vii. And what am I, a sinner ; I, a worm of the earth, to approach a God so holy as you, to be seated at your table, there to feast on the bread of angels, and to be nourished with your divine flesh.

VI. With an humble confidence ; for if Jesus Christ is pleased, nay, feels honoured that we should confide in him, it is particularly in the mystery, in which he communicates himself to us without reserve. Now, as he gives us himself, how shall he not also give us every thing else, as St. Paul admirably observes ? Can he refuse us any thing at the time he bestows us himself ?— You should, therefore, consider the Eucharist as the throne of the mercy of Jesus Christ ; before which you have the right to present yourself, to expose to him your miseries, your weakness, your blindness, and your errors ; being certain, that if you oppose no obstacle, he will, in virtue of this sacrament, strengthen you, enlighten you, appease the violence of your passions, and deliver you from your evil habits ; that from being proud, he will make you humble, from being lukewarm, will render you fervent, and from being carnal and worldly, will change you into a spiritual man, and a Christian. Approach Jesus Christ, I say, with this confidence, founded on his infinite power and goodness, for you will say