

The Sources of the Christian life



AMONG the pious practices that promote the increase of faith and the re-establishment of Jesus Christ in souls, there is one more efficacious than all the rest, and which it is especially gratifying to us to recommend to you : we refer to Holy Communion.

In instituting the Sacrament of the Most Holy Eucharist, Our Lord wished to provide mankind with a neverfailing nourishment for their supernatural life. The form in which He clothed it is sufficient indication of His intention. "The bread that I will give, is my flesh, for the life of the world" "I am the living bread which came down from heaven" and, since bread is intended to be eaten, He adds : "If any man eat of this bread he shall live for ever". Nothing could be clearer or more convincing than these words. They should constitute the supreme and guiding rule of every Christian life. On the one side, we are under obligation to preserve, increase and bring to perfection the supernatural life which was imparted to our souls by baptism, and which should reach its state of perfect fruition in Heaven ; on the other, we have the assurance of Jesus Christ Our Lord that life can be sustained only by the Eucharistic food. We cannot but conclude, therefore, that the partaking of the Sacrament of the Eucharist is an imperative necessity to the true Christian. For him its use or neglect resolves itself into a question of spiritual life or death. "Except you eat the flesh of the Son of man, and drink His blood, you shall not have life in you."

First Plenary Council of Quebec.

(to be continued)

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