

Benediction of the Blessed Sacrament



St. Philip once beheld our Lord in the Host at Exposition giving benediction to the kneeling crowd, as if it were the natural attitude and customary occupation of His goodness in the Blessed Sacrament. It would be difficult to find words to express the greatness or the reality of the graces which our dear Lord imparts to us at Benediction. They fall not only on the cares and sorrows, the troubles and temptations, the faults and unworthiness, which we venture to spread before Him at the moment; but they light also on all the weak points of our soul of which we ourselves are ignorant, and on our present circumstances the danger of which we are unable to perceive, and on the evil spirits around us, making them stupid and nerveless, and on our dear Guardian angel, rewarding him for his charitable toils and enlightening and invigorating him in his blessed office. We must remember also that the grace of Benediction is not only in the faith and love which it excites in our souls, great as is that boon, but that it comes from Him, solid, powerful, and substantial, purifying and creative, because it participates in the reality, of the Blessed Sacrament itself. Everything which has to do with this mystery enters behind the veils into this awful reality, and thus has a characteristic life, which is like nothing else in our devotions. In this reality lies the attraction of the Blessed Sacrament.

The Gospels mention three especial benedictions of our Lord, and to some one or other of these we may spiritually unite all the Benedictions of the Blessed Sacrament which we receive.