

## WEDNESDAY IN THE OCTAVE OF THE MOST BLESSED SACRAMENT

### Causes and remedies of Communions that are of little benefit

#### 53.1 First Point

It is true that to receive the grace of the sacrament of the Holy Eucharist, which is to nourish our souls and prevent them from falling into sin, it is sufficient to be without mortal sin. However, if we wish to profit by Communion, as we should when we receive Communion often, we need to confess our venial sins and to give up any attachment to them. We must be resolved to correct ourselves, otherwise our Communions will be of slight benefit. We go to Communion to become holy; to achieve this we must strive to have this disposition as far as we are able so that in receiving Communion we are strengthened in the life of grace, obtain new graces, and practice virtue more readily.

Have you observed that your Communions produce these effects in you? Do they make you more recollected, more reserved, more charitable toward your Brothers, more patient, and more self-controlled? Do you use more violence to overcome yourself? Do you experience more rarely the revolt of your passions? Do you watch over yourself more carefully in order not to succumb to them? You should see to it that your Communions produce these good results.

#### 53.2 Second Point

Quite often, what causes our Communions to fail to have the good results we ought to draw from them is the fact that we receive Communion with sins numerous though venial, which we have not confessed.

To receive Communion without confession, for example, after having lied, or murmured against our superior or our Brothers, or after having scandalized them because we did not do a penance, or else refused to accept some penance, or after allowing ourselves to yield deliberately to curiosity, or after committing similar faults, shows that we do not have much horror for sin.

In doing this we take little trouble to purify our heart when we wish to go to Communion, and we take very lightly sins of this sort, which are nonetheless serious in a person who makes profession of piety.

To draw all the good you possibly can from your Communions, take care to purify your conscience thoroughly before receiving Communion, otherwise you show little love for God and little respect for Jesus Christ, whom you are going to receive.

#### 53.3 Third Point

Another reason why Communions sometimes produce meager results is that persons make little effort to correct themselves of venial faults, even though they do confess them. Such base behavior and negligence are signs of spiritual indifference, which is why God in turn neglects a soul, looking upon it as unworthy of his graces because it cares so little about him and makes so few efforts to make itself entirely pleasing to him. A soul that behaves so negligently often makes little effort to prepare for Holy Communion and to make thanksgiving afterwards.

These defects arise from a heart that is little disposed to give itself totally to God, not from the Communion itself or from its frequent reception, for the effect proper to Communion is to nourish our souls and to increase grace in them.

Act, then, in such a way as to make sure that each time you receive this sacrament, it will produce all the good God intends it to have, and that you place no obstacle in the way.