

University of Notre Dame
Religious Bulletin
January 27, 1934

In Your Own Words.

The effects of Holy Communion are immeasurably increased by a worthy Preparation and Thanksgiving. Set prayers, often repeated from a prayer book, grow tiresome. What to do?

Follow, in your own words, the outline given below.

A. Preparation.

1. Tell Our Lord that you know He wants most of all that you do His holy Will -- your daily duties well. Acknowledge your failures in the past. Promise to try harder during the day ahead. "For I do always the things that please Him."
2. Try to see sincerely and humbly, with eyes of faith, how unworthy you are to receive Him -- His exalted sanctity coming to the heart of a lowly, sinful creature, one who has frequently made promises to Him and broken them. "Lord I am not worthy."
3. Realize your weaknesses; tell Him you desire Him to come to you to strengthen your will, to illuminate your mind, to be your consolation and help throughout the day's trials and temptations. "With desire I have desired to eat this pasch with you."

B. Thanksgiving.

1. In union with Mary, your special mother and most perfect adorer of Jesus Christ, abase yourself before the majesty of the Godhead. Praise Him, thank Him as the Word-Made-Flesh and as Second Person of the Most Blessed Trinity. "My soul doth magnify the Lord.....He Who is mighty hath done great things unto me, and holy is His name." Self-abasement is a sort of restitution; it permits Jesus to take possession of the soul, of the special talents which He gave to it. Offer them to Him one by one. Offer Him also your miseries and weaknesses. Ask Him to replace them with His perfect dispositions.
2. Thank Him then for the happy hours and weary hours of your life -- for your health, for your family, for the opportunities He has set before you. Offer to Him, out of gratitude, all the actions of the day to come, your play, your work, your sacrifices, everything.
3. Then speak to Jesus intimately as to your best friend. Tell Him your plans for life. Tell Him how He must help you. Remind Him of the special virtues you need, of the sins that trouble you. Tell Him that you depend upon His grace to make you strong. Promise to make the necessary sacrifices, in this or that particular point, to avoid sin.
4. Finally, this is the time to pray for dear ones, for conversions, for those who help you, for the Souls in Purgatory, especially relatives and friends who have died.