

Cheating Yourself.

By not receiving Holy Communion you deprive yourself of:

1. The visit of Jesus Himself, of the graces He would bestow on your soul, of that intimate union with Jesus. "He that eateth My flesh and drinketh My Blood abideth in Me and I in him." (John, 6,57.)
2. An increase of sanctifying grace. Jesus comes to impart His life to our soul, to nourish its supernatural life. "As the living Father hath sent Me, and I live by the Father, so he that eateth me, the same shall also live by me." (John, 6,58.)
3. The best opportunity to obtain the remission of your venial sins. "We receive this daily bread as a remedy for our weaknesses." (St. Ambrose.)
4. A powerful remedy which would weaken your evil inclinations, put the evil spirits to flight and strengthen you against relapse into sin. Holy Communion, according to the Council of Trent, is a divine antidote which not only cleanses the soul from venial sin but preserves her from mortal sin.
5. ~~the total or partial remission of the temporal punishment due to sin.~~ This remission of temporal punishment is effected indirectly by the acts of love made in Holy Communion.
6. Many actual graces. Holy Communion is a most powerful means of obtaining special graces to live a virtuous and holy life.
7. A special spiritual sweetness experienced in fulfilling the divine will, even amid suffering and trials.
8. An excellent preparation for death. He who receives Our Lord daily is also prepared daily to meet him daily as judge.
9. A new pledge of life eternal, and an increase of heavenly bliss. "He that eateth this bread shall live forever." (John, 6,59.)
10. Your body of healing and sanctifying effects. "Holy Communion lulls to sleep the law of the flesh raging in our members." and again: "The chaste flesh of Jesus Christ cools and purifies our heated and rebellious passions." (St. Augustine.)
11. An assurance of a more glorious resurrection on the last day. The oftener you receive Holy Communion the more glorious your resurrection will be. "He that eateth My flesh and drinketh My Blood hath everlasting life and I will raise him up on the last day." (John, 6,55.)

To receive Holy Communion daily TWO CONDITIONS are required:

1. Freedom from mortal sin.
2. The right intention, i.e.: To please God and to benefit yourself spiritually.

Try to go to Holy Communion daily yourself and become an apostle of frequent Communion.