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J.M.J.

DEVOTIONS FOR HOLY COMMUNION

—Saint Peter Julian Eymard



Having received Jesus into your heart at holy communion, spend some time in simple recollection, without vocal prayers. Adore Him in silence; sit like Magdalen in humble, adoring love at His feet; gaze upon Him like Zaccheus, love Him in mute worship, like Mary, His Mother.

Call Him your King, the Spouse of your soul. Say to Him: "*Speak, Lord, for Thy servant heareth.*" Offer yourself to Him as His servant, ready to execute His Will. Bind your heart to His footstool, that it may wander no more, or rather put it under His feet, that He may crush out its self-love and pride.

While your soul remains in recollection, in the hushed calm of His holy presence, do not seek to disturb it. It is the sleep of the soul upon the breast of Jesus, and this grace, which strengthens and unites it to Our Lord, will be more profitable than any other exercise. The first state having passed, we may then proceed to acts of

thanksgiving, and the exercise of the Four Ends of Sacrifice may prove useful, viz.

Adoration, Thanksgiving, Reparation, and Prayer

I. **Adore** Jesus upon the throne of your heart, and kiss His sacred feet and wounded hands. Rest upon that Heart which is burning with love for you. Offer Him the keys of your home, like St. Catherine of Genoa, "with full power to do all."

II. **Thank** Jesus for having so honored and loved you as to give you this communion; to you, so poor and miserable, so imperfect and unfaithful. Call upon Mary and all the saints and angels to thank and praise Jesus for His wonderful love and excessive goodness.

III. Make **reparation** to Jesus by expressing your intense sorrow for your sins, and by protestations of love at His feet with Magdalen. Give Him some proof of your fidelity and gratitude by the sacrifice of some unregulated affection or

the definite resolution to overcome some particular passion with more persistent energy and perseverance. Beg of Him the grace never to offend Him more, and desire to die rather than offend Him by mortal sin.

IV. **Petition:** Ask what you will; these are the precious moments of grace. The Lord is passing; cry out to Him for mercy and help. He lingers under your roof. Jesus is ready to listen to your complaints, and to give you all that you ask. Beg Him not so much for temporal favors, but rather that you may become a saint — that you may be more holy, more spiritual, more perfect, more and more pleasing to Him.

Pray that His kingdom may be extended and that He may rule all hearts.

Pray for your daily needs.

Pray for your relations,
your pastors,
for the Holy Father,
for the triumph of faith,
and the exaltation of the

Church.

For peace upon earth.

For vocations to the priesthood and the perfection and sanctification of those who have already embraced it.

For the fervor and perseverance of Religious.

For fervid and persevering adorers among the laity.

For the spread of the eucharistic kingdom of Christ.

For the conversion of sinners, especially those in whom you are most interested, or those recommended to your prayers.

Pray that Jesus

may be known, loved,
and served by all men.

Conclude by offering some little flower to Our Lord,
by a practical resolution,
or the promise of a particular sacrifice during the day.

Then say a few vocal prayers for the intention of the Holy Father, e.g., five Our Fathers and five Hail Marys in union with the prayer which is to be recited before a crucifix: in order to obtain a plenary indulgence:

“Look down upon me, good and gentle Jesus, While before Thy face I humbly kneel. And with burning soul, pray and beseech Thee, to fix deep in my heart, lively sentiments of faith, hope and charity, true contrition for my sins and a firm purpose of amendment. While I contemplate with great love and tender pity, Thy five most precious wounds, pondering over them within me, and calling to mind the words that David, Thy prophet, said of Thee, my Jesus, ‘They have pierced My hands and feet, They have numbered all my bones.’”

There are many indulgences that we can gain very easily, and we are too often forgetful of these riches that are so profitable when applied to the wants of the suffering souls. The holy souls will thus join in your thanksgiving.

During the day do not forget the royal visit of Jesus, the King of kings; preserve a remembrance of the morning's grace, like a vase that has gathered up some precious, perfume, like a soul that has spent one hour of the busy day in the courts of paradise.