

The Grace of Daily Communion

There was a time when I didn't fully appreciate the value of Holy Mass, the Sacrament of Confession, and the grace of belonging to Jesus. Your magazine removed the scales from my eyes. It taught me how to trust in God. Now I go to confession filled with faith. I attend Mass with a spirit of intense devotion. After Communion, I experience moments of blissful peace.

A Reader •

The Power of Jesus in the Eucharist

There is a great power that flows from frequent reception of Jesus in the Eucharist. I have found that, whenever I have problems in life, the very Jesus whom I receive in Holy Communion comes to my aid. You have to discover, trust, believe and understand that the Host embraces the Upper Room, Calvary, the Cross, the Empty Tomb, and the Ascension. In it you truly encounter God.

At work I am less given to quarrelsomeness. I tend to be less conceited, grasping and obstinate. I am able to show greater humility and more kindness. I want to be helpful and share my goods with others. My dreams are also more peaceful. Everywhere I go, I see the Father's many graces. This sense of closeness with God remains with me all day and keeps bringing me back to the Sacrament. My desire to receive Jesus is so strong that I go to Mass every day. When I am unable to go, I miss Him very much. My close bond with Him seems to weaken somehow. Daily Communion helps me to be patient and pure. I try to pray all the time and ask God for the grace not to sin, so that I can receive the Eucharist as often as possible. Jesus heals not only our souls but also our bodies, only we must desire this very much!

photo: Tomasz Kaminski

But I stuck it out, even though at times I thought I would go mad.

Feeling desperately alone (the hospital was in a different town from where I lived), I attended Mass at the chapel every day, received Holy Communion, and returned to my bed. I tried not to think about things and avoided talking to my neighbors. I entrusted myself to Jesus, asking Him to help me accept whatever lay in store for me. Then I met a young married woman on the same floor, and she gave me the courage I needed. To this day I do not know how such a young person could be so mature.

I gave birth to a big, healthy baby. To me and my family it was a miracle. Jesus had heard our prayers.

J. (An LOA reader) •