



Year of the Eucharist

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Preparing to Receive Jesus in Holy Communion

By: Fr. Francis Fernandez – In Conversation with God

Jesus greatly desires to be with us. He repeats to every Christian His memorable words at the Last Supper: *I have earnestly desired to eat this Passover with you ... The inn he wants to stay at is the soul of each individual. The inn has to be in very good shape, very clean. Nothing could be more gratifying than to have Jesus accept accommodation in our soul. He comes to us with love, therefore with love we should receive Him.* This is the most important moment of our day! The angels are full of wonder at our blessed opportunity to receive Jesus. As the moment approaches, we should be fostering greater and greater acts of love.

Alongside our spiritual preparations we should also be attentive to physical details such as the fast which the Church has imposed as a sign of respect and reverence, our posture at Mass and our dress, all of which express our dignity as children of the Father.

St. John of the Cross preached about preparation for Communion using this analogy: *How joyful would a man become if he were to be told, "the king is coming to stay in your house and show you his favour!" I believe that he would not be able to eat or sleep at all. He would be constantly thinking about his preparations for the royal visit. Brothers and sisters, I say to you on behalf of the Lord God that he wants to come into your souls and establish his kingdom of peace.* This is great news! It should fill us with joy.

Christ himself, He who reigns in glory from Heaven, wants to be sacramentally present in our soul. He comes in love, receive Him with love. True love presupposes desires for purification. This means going to Confession when necessary and asking our Blessed Mother to teach us how to give Her Son a good reception.