

15 INSPIRING QUOTES ON THE HOLY EUCHARIST

(Compiled by Fr Stephen Wang)

"We must not separate our life from the Eucharist. The moment we do so, something shatters." St Teresa of Calcutta

"The Church and the world have a great need for Eucharistic worship. Jesus awaits us in this sacrament of love. Let us not refuse the time to go to meet him in adoration." Pope St John Paul II

"You left us yourself in the Sacrament of the Altar, and you opened wide your mercy to us. There is no misery that could exhaust you. You have called us all to this fountain of love, to this spring of God's compassion." St Faustina

"If I can give you any advice, I beg you to get closer to the Eucharist and to Jesus... We must pray to Jesus to give us that tenderness of the Eucharist." St Teresa of Calcutta

"Lord Jesus Christ, pierce my soul with your love so that I may always long for you alone, who are the bread of angels and the fulfilment of the soul's deepest desires. May my heart always hunger for you, so that my soul may be filled with the sweetness of your presence." St Bonaventure

"We adore you, most holy Lord Jesus Christ, here, and in all your churches throughout all the world; and we bless you, because, by your holy cross, you have redeemed the world." St Francis of Assisi

"Many people nowadays say, 'I wish I could see his shape, his appearance, his clothes, his sandals.' Only look! You see him! You touch him! You eat him!" St John Chrysostom

"The Eucharist is a fire which inflames us." St John Damascene

"Not to go to Communion is like someone dying of thirst beside a spring." St John Vianney

"Our sharing in the Body and Blood of Christ has no other purpose than to transform us into that which we receive." Pope St Leo the Great

"Go often to Holy Communion. Go very often! This is your one remedy." St Thérèse of Lisieux

"Through adoration, the Christian mysteriously contributes to the radical transformation of the world and to the sowing of the gospel. Anyone who prays to the Savior draws the whole world with him and raises it to God." Pope St John Paul II

"Jesus in the Blessed Sacrament is the Living Heart of each of our parishes." Blessed Paul VI

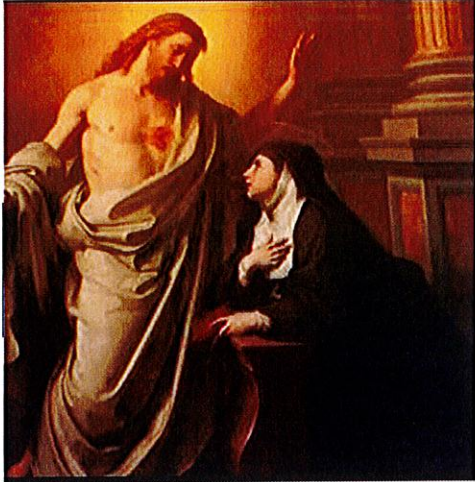
"Do not think that Jesus Christ is forgetful of you, since he has left you, as the greatest memorial and pledge of his love, himself in the Most Holy Sacrament of the Altar." St Alphonsus Liguori

"When the Sisters are exhausted, up to their eyes in work; when all seems to go awry, they spend an hour in prayer before the Blessed Sacrament. This practice has never failed to bear fruit: they experience peace and strength." St Teresa of Calcutta

Do you know the 12 Promises of the Sacred Heart?

Here's why you should do the First Friday devotion.

The month of June is dedicated to the Sacred Heart of Jesus.



Did you know that Jesus made twelve promises to those who honor His Sacred Heart through a special devotion? It's called the First Friday Devotion! This devotion was made popular by St. Margaret Mary Alacoque after Our Lord appeared to her, saying,

“Behold this Heart which has so loved men that it has spared nothing, even to consuming itself to witness its love. And in return, I receive from most of them only ingratitude from their irreverences and their sacrileges and by the coldness and contempt that they have for Me in this sacrament of love.”

Jesus asked for reparation to be made for the sins of all the world which grieve His heart so much.

To those who dedicate themselves to making reparation, Jesus promised:

1. I will give them all the graces necessary in their state of life.
2. I will establish peace in their homes.
3. I will comfort them in all their afflictions.
4. I will be their secure refuge during life, and above all, in death.
5. I will bestow abundant blessings upon all their undertakings.
6. Sinners will find in my Heart the source and infinite ocean of mercy.
7. Lukewarm souls shall become fervent.
8. Fervent souls shall quickly mount to high perfection.
9. I will bless every place in which an image of my Heart is exposed and honored.
10. I will give to priests the gift of touching the most hardened hearts.
11. Those who shall promote this devotion shall have their names written in my Heart.
12. I promise you in the excessive mercy of my Heart that my all-powerful love will grant to all those who receive Holy Communion on the First Fridays in nine consecutive months the grace of final perseverance; they shall not die in my disgrace, nor without receiving their sacraments. My divine Heart shall be their safe refuge in this last moment.

So how do we receive these graces? For the first Friday of nine consecutive months, a person must:

1. Attend Holy Mass
2. Go to Confession (if we are not in a state of grace)
3. Receive Holy Communion with the intention of making reparation to the Sacred Heart of Jesus for the sins of the world

Are you ready to take on this devotion? For help staying on track and developing a deeper love for the Sacred Heart of Jesus, check out *Behold this Heart* by Fr. Thomas Dailey!