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The Eucharist: "I believe that You are here."

Barcelona, 1972. St Josemaria reminds us that Jesus is present in the Eucharist. Praying before the tabernacle with that attitude means making an act of faith.

10/24/2012

Barcelona, Spain, November 26, 1972. St Josemaria reminds us that Jesus is present in the Eucharist. Praying before the tabernacle with

that attitude means making an act of faith.

I'll tell you to go to Holy Mass as often as you can. Nobody "presides" at the altar: it is Christ who is there -- Christ! It's the eternal priesthood of Christ. I, who am the last priest in the whole world, lend to Jesus Christ myself and my voice. And I say: "This is my Body, this is my Blood."

And he hides himself, and comes under the appearance of bread and wine. He hides in the Sacramental Species. Say to him very often, with an act of faith that comes from the heart: "Lord, I believe that you are there, really present, your Body, your Blood, your Soul, your Divinity."

And think about all you know of him, because you read the Gospel assiduously. Re-live one of the scenes the evangelists relate. And react as you would have reacted if you had been there in those times with him,

because he lives now: Iesus Christus heri et hodie, ipse et in saecula; Jesus Christ, the same yesterday, today and forever. He lives. Lord, I know that you live, that you are hidden there out of Love and I'll come and keep you company for a little every day.

But -- make resolutions! Make resolutions! I'm not just talking for the sake of it.

I tell you things that are true and I trust your honesty, and I trust your faith as Christians. Make the resolution to go and greet our Lord every day, even if it's just a genuflection and saying "I love you."

And then, in our souls in grace, there's all that marvelous security of the indwelling of God. The Holy Spirit is there, acting in us, so that we won't live like animals, but like Christians: with supernatural life. We can go and seek God in our hearts,

with the Holy Spirit are the Father and the Son: the Blessed Trinity.

And we spend time in prayer, we talk. And if you can't think of anything to say, tell him so. "Lord, I know this, I believe it, I love you, I hope in you! Increase my faith! I don't know what to say to you!" And you're praying: carry on like that for a while, because you're doing well.

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(08/08/2025)