

“Be a eucharistic soul!”

Be a eucharistic soul! If the centre around which your thoughts and hopes turn is the Tabernacle, then, my child, how abundant the fruits of your sanctity and apostolate will be! (The Forge, 835)

September 4

Jesus has remained within the Eucharist for love... of you. He has remained, knowing how men would treat him... and how you would treat him. He has remained so that you

could eat him, so that you could visit him and tell him what's happening to you; and so that you could talk to him as you pray beside the Tabernacle, and as you receive him sacramentally; and so that you could fall in love more and more each day, and make other souls, many souls, follow the same path. (The Forge, 887)

When you receive Our Lord in the Holy Eucharist, thank him from the bottom of your heart for being so good as to be with you. Have you ever stopped to consider that it took centuries and centuries before the Messiah came? All those patriarchs and prophets praying together with the whole people of Israel: Come, Lord, the land is parched! If only your loving expectation were like this. (The Forge, 991)

Build up a gigantic faith in the Holy Eucharist. Be filled with wonder

before this ineffable reality. We have God with us; we can receive him every day and, if we want to, we can speak intimately with him, just as we talk with a friend, as we talk with a brother, as we talk with a father, as we talk with Love itself. (The Forge, 268)

pdf | document generated
automatically from [https://opusdei.org/
en-tt/dailytext/be-a-eucharistic-soul/](https://opusdei.org/en-tt/dailytext/be-a-eucharistic-soul/)
(02/20/2026)