

## **“The Lord is seeking my heart”**

Going to Communion every day for so many years! Anybody else would be a saint by now, you told me, and I... I'm always the same! Son, I replied, keep up your daily Communion, and think: what would I be if I had not gone? (The Way, 534)

31 March

Savouring in the intimacy of your soul the infinite goodness of God, realize that Christ is going to make himself really present in the host,

with his body, his blood, his soul and his divinity. Adore him reverently, devoutly; renew in his presence the sincere offerings of your love. Don't be afraid to tell him that you love him. Thank him for giving you this daily proof of his tender mercy, and encourage yourself to go to communion in a spirit of trust. I am awed by this mystery of Love. Here is the Lord seeking to use my heart as a throne, committed never to leave me, provided I don't run away.

Comforted by Christ's presence and nourished by his body, we will be faithful during our life on earth and then we will be victors with Jesus and his Mother in heaven. "O death, where is your victory? O death, where is your sting?... Thanks be to God, who gives us the victory through our Lord Jesus Christ."  
(Christ is passing by, 161)

---

pdf | document generated  
automatically from [https://opusdei.org/  
en-uk/dailytext/the-lord-is-seeking-my-  
heart/](https://opusdei.org/en-uk/dailytext/the-lord-is-seeking-my-heart/) (07/07/2025)