

“You have him always at your side”

How wonderfully effective the Holy Eucharist is in the actions, and even before that in the souls, of those who receive it frequently and piously. (The Forge, 303)

18 June

If all those people became so enthusiastic and were ready to acclaim you over a piece of bread, even granting that the multiplication of loaves was a very great miracle, shouldn't we be doing much more for

all the many gifts you have granted us, and especially for giving us your very self unreservedly in the Eucharist? (The Forge, 304)

Good child: see how lovers on earth kiss the flowers, the letters, the mementos of those they love | ... Then you, how could you ever forget that you have him always at your side -- yes, *Him*? How could you forget | ... that you can eat him? (The Forge, 305)

Put your head frequently round the oratory door to say to Jesus: I abandon myself into your arms. Leave everything you have -- your wretchedness -- at his feet. In this way, in spite of the welter of things you carry along behind you, you will never lose your peace. (The Forge, 306)

pdf | document generated
automatically from [https://opusdei.org/
en-uk/dailytext/you-have-him-always-
at-your-side/](https://opusdei.org/en-uk/dailytext/you-have-him-always-at-your-side/) (04/02/2026)