

“We are going to receive our Lord”

Have you ever thought how you would prepare yourself to receive Our Lord if you could go to Communion only once in your life? We must be thankful to God that he makes it so easy for us to come to him: but we should show our gratitude by preparing ourselves to receive him very well. (The Forge, 828)

February 12

Jesus is the way, the mediator. In him are all things; outside of him is

nothing. In Christ, taught by him, we dare to call God our Father — he is the Almighty who created heaven and earth, and he is a loving Father who waits for us to come back to him again and again, as the story of the prodigal son repeats itself in our lives.

Ecce, Agnus Dei... Domine, non sum dignus... We are going to receive our Lord. On this earth, when we receive an important person, we bring out the best — lights, music, formal dress. How should we prepare to receive Christ into our soul? Have we ever thought about how we would behave if we could only receive him once in a lifetime?

When I was a child, frequent communion was still not a widespread practice. I remember how people used to prepare to go to communion. Everything had to be just right, body and soul: the best

clothes, hair well-combed — even physical cleanliness was important — maybe even a few drops of cologne... These were manifestations of love, full of finesse and refinement, on the part of manly souls who knew how to repay Love with love.

With Christ in our soul, we end the holy Mass. The blessing of the Father, of the Son, and of the Holy Spirit accompanies us all day long, as we go about our simple, normal task of making holy all honest human activity. (Christ is passing by, 91)

.....

pdf | document generated
automatically from [https://opusdei.org/
en-za/dailytext/we-are-going-to-receive-
our-lord/](https://opusdei.org/en-za/dailytext/we-are-going-to-receive-our-lord/) (08/09/2025)