
ACT OF CONSECRATION TO THE SACRED HEART OF JESUS

Merciful Jesus, I consecrate
myself today and always to
Your Most Sacred Heart.

Most Sacred Heart of Jesus,
I implore, may I ever love you
more and more!

Most Sacred Heart of Jesus
I trust in You!

Most Sacred Heart of Jesus
have mercy on me!

Most Sacred Heart of Jesus
I believe in your love for me.

Jesus, humble and gentle of heart,
make my heart like your heart.

Most Sacred Heart of Jesus,
help me to be humble
before your eyes,
and gentle in others' lives.

As You nourish and feed me,
so may I nourish and feed others.



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Salesian Perspectives is a series of pamphlets published by De Sales Spirituality Services. The series offers practical approaches to holiness based on the lives and legacies of St. Francis de Sales and St. Jane de Chantal. Subscription information is available by contacting De Sales Spirituality Services. © 2005 by De Sales Spirituality Services. All rights reserved.

SALESIAN PERSPECTIVES

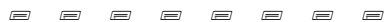
***"The Sun of
All Spiritual
Exercises:"***

***The
Eucharist***

**De Sales
spirituality
Services**



Thoughts from St. Francis de Sales



“Experience has made me realize in my years of serving souls the all-powerful virtue of this Divine sacrament: to strengthen hearts in good, exempt hearts from evil, to console them and, in a word, to make them God-like in this world if it be frequented with faith, purity and devotion.”

*

“Two kinds of persons ought to take communion often: the perfect, because being well disposed they would be very wrong in not approaching the source and font of their perfection, and the imperfect, that they may be able to justly aspire to perfection; the strong, lest they become feeble, and the feeble, that they may become strong; those in good health, that they might not fall sick and the sick, that they might be cured. Frequently unite yourself with Him who is your perfection, strength and physician.”

*

“If, through Holy Communion, you become more gentle, you will be drawing from it the fruit which is proper to it, and thus, you will be advancing. If, on the contrary, you do not become

more gentle or more humble, then you deserve to be deprived of the bread for which you do not labor.”

*

“Those Christians who will be condemned will stand without any defense when the just Judge will show them their crime in suffering spiritual death. For it was so easy to maintain themselves in spiritual health by feeding on His Body which Jesus has left them with that intention. ‘Miserable wretches,’ He will say, ‘why did you die, having the fruit and food of life so easily at your command?’”

*

“We must never think that by going to Communion for others or by praying for them, we lose anything. We need not fear that by offering to God this Communion or prayer in satisfaction for the sins of others, we shall not make satisfaction for our own. The merit of Communion and of the prayer will remain with us, for we cannot merit grace for one another: it is our Lord alone who can do that.”

*

“Why did the greatness of God lower itself for each one of us, and why does God wish to exalt us? To unite us perfectly with the Divine, to make us one with God. Our Lord did

this to teach us that as we are all loved with the same love by which He embraces us all in this Most Holy Sacrament, so He wishes us all to love one another with that same love, a love that tends toward union, but a union greater and more perfect than can be conceived.”

*

“We are all nourished with the same bread (1 Cor 10:17), this heavenly Bread, the Divine Eucharist. The eating of it, called communion, represents to us the common union that we ought to have together, without which this union we would not be worthy of bearing the name of the children of God.”

*

“The beatific vision has not only been promised to us but we have a pledge of it in the most holy sacrament of the Eucharist, the perpetual feast of divine grace. In it we receive our Savior’s blood in His flesh and His flesh in His blood. It is given into our bodily mouths so that we may know that He will give us His own divine essence in an eternal feast of glory. Here on earth, it is true, this boon is granted to us really but in a hidden way, under sacramental species and appearances, whereas in heaven, God will give Himself openly and we shall see God face to face as He really is.”