

WHY DO I RECEIVE HOLY COMMUNION ?



Because in Holy Communion I receive the Body Of Christ that nourish and strengthen my soul.

Jesus, I believe that you are truly present in the Consecrated Host.



Because in the Consecrated Host Jesus Christ is really present body, Blood, Soul and Divinity

Thank you Lord, because you are food for my soul



Because Jesus said: "take and eat, this is my Body" Whoever eat it, will live forever and I want to live for ever

Thank you , Lord because you promise and you give us eternal life



Because receiving the Body of Christ, is the Eucharist banquet that God prepares and offers to all men.

Thank you, Lord, because you love all men



Because when we receive comunión we remember the Last Supper, when Jesus left us his Body and Blood to stay always with us.

Lord, help me to be your witness, that You live in me.



Because when I go to communion I participate in the life of Christ and remember his dead and resurrection

Lord, Jesus I love you, he always with me



Because the Eucharist is the sacrament of love that unites us to God and to our brothers.

Jesus, Help me to love all people as you love them