

MEDITATION ON THE BLESSED SACRAMENT

by St Alphonsus Liguori

Meditation, wherever it is made, pleases God.
But it seems that Jesus especially delights
in prayer made before the Blessed Sacrament.
Did he not leave himself for us
in this sacrament to be food for our spirit,
and to be present for all who seek him?

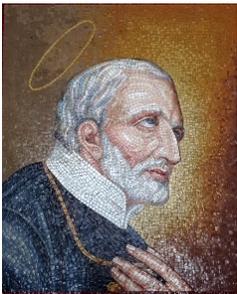


We cannot all make pilgrimages to the places where Jesus lived,
but the Lord who died for us on the cross of Calvary
now dwells in person, in the tabernacle – waiting.
We need not await a command as we would of an earthly king, to
enter his presence –
He is waiting for us to lay before him our wants and to seek his help.

So that we may taste the sweetness of his presence,
it is good to empty ourselves of earthly desires.

Be still and know
That I am God. Psalm 46: 10

What pleasure is found in spending a long time
before the altar where the Lord dwells!
What heavenly sweetness the Lord allows us to taste
and enjoy!



What should we do in the presence of the Lord in the Eucharist?
We should stay there, not to enjoy sweetness and consolation,
but to give pleasure to God by making acts of love, saying

O my God, I love and desire nothing but you.
Grant that I may always love you;
then do with me and all I possess as you please.

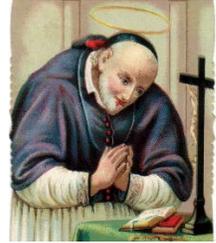
These acts of love, even when made without sensible delight,
please God greatly.
For good people often have to bear with distractions
and dryness in prayer.



As for distractions, of these we must not make much account.
It is enough to drive them away when they come.
Do not on this account leave off prayer.
Saint Francis de Sales said:

If, in meditation, we do nothing but drive away
distraction, our meditation would be of great profit.

And as for dryness: this is the greatest pain for those given to prayer, for we find ourselves without any sensible desire of loving God. Added to this, at times, is the fear of being separated from God because of our sins. There is the feeling of being in utter darkness without any way of escape.



At such times let us unite our desolation with that which Jesus suffered on the cross. If we can say nothing else, it is enough to say, at least by an act of the will:

My God, I desire to love you.
Have pity on me;
Leave me not.

PRAYER OF ONE IN DEEP AFFLICTION

My God, I love you tenderly
though I feel you far away.
I will seek you ceaselessly
lest from you I stray.
Amen.



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