

# It Is Profitable to Receive Communion Often

by Thomas a Kempis

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*Receiving Communion often is essential for spiritual growth and strength, and helps us to avoid evil and remain in good.*

**Scripture:** Psalm 63:1, Matthew 26:26, John 6:35, 1 Corinthians 10:16, 1 John 1:9

**Topics:** "Holy Communion", "Spiritual Renewal"

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## Description

Thomas a Kempis preaches about the deep longing of the soul for communion with God, expressing the desire to be united with Jesus through the sacrament. He emphasizes the necessity of frequent prayer, confession, and receiving the Holy Communion to renew, cleanse, and strengthen the soul against the temptations of the world. Kempis highlights the incredible condescension of God to come to humanity in the Eucharist, offering spiritual joy and companionship to those who partake in faith and devotion.

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## Transcript

### THE DISCIPLE

BEHOLD, I come to You, Lord, that I may prosper by Your gift and be delighted at Your holy banquet which You, O God, in Your sweetness have prepared for Your poor. Behold, all that I can or ought to desire is in You. You are my salvation and my redemption, my hope and strength, my honor and glory.

Gladden, then, this day the soul of Your servant because I have raised my heart to You, O Lord Jesus. I long to receive You now, devoutly and reverently. I desire to bring You into my house that, with Zacheus, I may merit Your blessing and be numbered among the children of Abraham.

My soul longs for Your Body; my heart desires to be united with You. Give me Yourself -- it is enough; for without You there is no consolation. Without You I cannot exist, without Your visitation I cannot live. I must often come to You, therefore, and receive the strength of my salvation lest, deprived of this heavenly food, I grow weak on the way. Once, most merciful Jesus, while preaching to the people and healing their many ills, You said: "I will not send them away fasting, lest they faint in the way."<sup>[49]</sup> Deal with me likewise, You Who have left Yourself in this Sacrament for the consolation of the faithful. You are sweet refreshment to the soul, and he who eats You worthily will be a sharer in, and an heir to, eternal glory.

It is indeed necessary for me, who fall and sin so often, who so quickly become lax and weak, to renew, cleanse, and inflame myself through frequent prayer, confession, and the holy reception of Your Body, lest

perhaps by abstaining too long, I fall away from my holy purpose. For from the days of his youth the senses of man are prone to evil, and unless divine aid strengthens him, he quickly falls deeper. But Holy Communion removes him from evil and confirms him in good.

If I am so often careless and lax when I celebrate or communicate, what would happen if I did not receive this remedy and seek so great a help? Although I am neither fit nor properly disposed to celebrate every day, yet I will do my best at proper times to receive the divine Mysteries and share in this great grace. This, indeed, is the one chief consolation of the faithful soul when separated from You by mortality, that often mindful of her God, she receives her Beloved with devout recollection.

Oh, wonderful condescension of Your affection toward us, that You, the Lord God, Creator and Giver of life to all, should see fit to come to a poor soul and to appease her hunger with all Your divinity and humanity! O happy mind and blessed soul which deserves to receive You, her Lord God, and in receiving You, is filled with spiritual joy! How great a Master she entertains, what a beloved guest she receives, how sweet a companion she welcomes, how true a friend she gains, how beautiful and noble is the spouse she embraces, beloved and desired above all things that can be loved and desired! Let heaven and earth and all their treasures stand silent before Your face, most sweetly Beloved, for whatever glory and beauty they have is of Your condescending bounty, and they cannot approach the beauty of Your name, Whose wisdom is untold.

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Source: <https://sermonindex.net/speakers/thomas-a-kempis/it-is-profitable-to-receive-communion-often/>

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