Prayer After Holy Communion

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I must now beg once more for Thy blessing, dear Jesus, before my departure from this holy place, where I have been blessed so abundantly this day. How delicious is the sweetness of this heavenly Bread, which I have received in Holy Communion! How delightful the peace, how perfect the tranquility of a soul that receives Thee after having deplored and sincerely confessed her offences! Be blessed a thousand times, O my sweet Jesus! When I was a sinner I was miserable; but now not only do I enjoy the sweetest tranquility of soul, but it seems to me that I experience a foretaste of the peace and bliss of paradise! It is, indeed, most certain that my heart has been made for Thee, my beloved Lord, and finds no joy but when it reposes in Thee. I therefore give Thee thanks; I firmly resolve to avoid sin and the occasions of sin; I will dwell permanently in Thy Divine Heart, where I expect the grace of loving Thee unto death. Amen.

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