

Your heart: a living tabernacle...

truthhimself.blogspot.com/2018/10/your-heart-living-tabernacle.html

**"Live in the joy and peace of the divine Majesty.
Live lost in divine love." - St Paul of the Cross**



"How wonderful are the treasures which are enclosed in the divine Eucharist! I exhort you, even though you live in the world, to receive Communion often, but with piety.

**Holy Communion is the most efficacious means
of uniting one's self to God.**

Always prepare yourself well for this sacred banquet. Have a very pure heart, and **watch over your tongue,** for it is on the tongue that the Sacred Host is laid.

Carry Our Lord home with you after your thanksgiving, and **let your heart be a living tabernacle** for Jesus.

Visit Him often in this interior tabernacle, offering Him your homage, and the sentiments of gratitude with which divine love will inspire you.

Preserve carefully the sentiments of love
with which you are filled after Communion."

St Paul of the Cross

Priest, Mystic, powerful teacher/preacher

Founder - Passionist Order

*To the vows of poverty, chastity, and obedience they added a fourth:
to spread devotion to Christ's passion among the faithful.*

Italy ~ 1694-1775

FEAST DAY - October 20

Painting above: First Communion, France (artist unknown)



"When you are alone in your room, take your crucifix,
kiss its five wounds reverently, tell it to preach to you a little sermon,
and then listen to the words of eternal life that it speaks to your heart;
listen to the pleading of the thorns, the nails, the precious Blood.

Oh, what an eloquent sermon!" - *St Paul of the Cross*

St Paul of the Cross (excellent resource)

[Click here: Discovering our Saints - St. Paul of the Cross - YouTube](#) (3 mins)

[Click here: St. Paul of the Cross - YouTube](#) (10 mins)

**St Paul of the Cross, pray for us, that we may embrace
our crosses with courage!**