

THE REAL PRESENCE

Our Eucharistic Lord Desires to
Abide with Us. Let's Rediscover Our
Love for Him.



The Lord Jesus gave to us the Sacrament of the Eucharist at the Last Supper. He not only desired that we participate in this Sacrament through the Holy Sacrifice of the Mass, but He also wanted that presence of His love — poured forth from His Sacred Heart visibly in the Blood and Water — to remain with us all days, even to the end of the world (Mt 28:20)! There, in the tabernacle, Jesus awaits to pour out His mercy upon us anew — not just during Mass, but at any moment when we draw near to Him. “The mercy of God, hidden in the Blessed Sacrament, the voice of the Lord who speaks to us from the throne of mercy: **‘Come to Me, all of you’**” (*Diary of Saint Maria Faustina Kowalska*, 1485). Jesus invites each one of us to draw near to this throne of mercy. Saint Thérèse of Lisieux said: “Do you realize that Jesus is there in the tabernacle expressly for you — for you alone?”

This throne of mercy is the tabernacle in each of our churches. Ought we not draw near to this throne of grace, that we might receive from it God’s mercy in time of need (Heb 4:16)? Jesus Himself encourages every one of us:

Behold, for you I have established a throne of mercy on earth — the tabernacle — and from this throne I desire to enter into your heart. I am not surrounded by a retinue or guards. You can come to me at any moment, at any time; I want to speak to you and desire to grant you grace (*Diary*, 1485).

Jesus’ great desire is that we draw near to Him full of trust, expecting to receive all that we

need from Him. How do we do this? He tells us through His words to St. Faustina. We must approach Jesus like a beggar, aware of our unworthiness, but grateful for God’s goodness:

Act like a beggar who does not back away when he gets more alms [than he asked for], but offers thanks the more fervently. You too, should not back away and say that you are not worthy of receiving greater graces when I give them to you. I know you are unworthy, but rejoice all the more and take as many treasures from My Heart as you can carry, for then you will please Me more (*Diary*, 294).

Jesus then continues, saying that we ought to draw near to Him not only for our own selves, for our own needs, but also for others. We ought to receive graces on behalf of others when we approach the throne of mercy with great trust:

And I will tell you one more thing — take these graces not only for yourself, but also for others; that is, encourage the souls with whom you come in contact to trust in My infinite mercy. Oh, how I love those souls who have complete confidence in Me — I will do everything for them (*Diary*, 294).

Mother Teresa went so far as to say this about our time with Jesus in the Eucharist:

The time you spend with Jesus in the Blessed Sacrament is the best time that you will spend on earth. Each moment that you spend with Jesus will deepen your union with Him and make your soul everlastingly more glorious and beautiful in heaven, and will help bring about an everlasting peace on earth.

We can console the Heart of Jesus by having this complete confidence and trust in Him, which manifests itself concretely through drawing near to Him in the tabernacle and remaining with Him. This can be done through daily visits to the Blessed Sacrament or through Holy Hours. This attitude of confidence and trust also displays itself through preparing for Mass in silence by coming early and asking the Holy Spirit for lively faith in His Presence. Jesus tells St. Faustina:

My daughter, write that it pains Me very much when religious souls receive the Sacrament of Love merely out of habit, as if they did not distinguish this food. I find neither faith nor love in their hearts. I go to such souls with great reluctance. It would be better if they did not receive me (*Diary*, 1288).

We can also console His Heart by our thanksgiving after Mass: How long do we spend giving thanks to the Lord for His abiding Presence after each Mass? So often, when Mass

is over, we leave immediately, and we ourselves forget that the Lord remains with us, though sadly we often don't always remain with the Lord. Like Mother Teresa's words, Jesus Himself spoke to St. Faustina:

“I desire to unite Myself with human souls; My great delight is to unite Myself with souls. Know, My daughter, that when I come to a human heart in Holy Communion, My hands are full of all kinds of graces which I want to give to the soul.” Yet, in response to all His gifts, He adds that **“souls do not even pay any attention to Me; they leave Me to Myself and busy themselves with other things. Oh, how sad I am that souls do not recognize Love! They treat Me as a dead object”** (*Diary*, 1385).

Let us console the Lord Jesus, who desires to remain with us after Holy Communion — both in the tabernacle in the church but especially in the tabernacle of our own hearts. The word “remain” or “abide” (*meno* in Greek) is used by John 34 times in his Gospel. It refers to the apostles and disciples remaining in Jesus — just as Jesus Himself remains in the Father. We are the branches of the vine, and we must remain in Jesus if we are to bear fruit for the glory of the Father.

But how do we remain with Him? How can we prolong this abiding Presence of Jesus? We must meditate on the Parable of the Sower and the Seed: If our hearts are filled with the



anxieties and cares of life, then they will choke out that abiding Presence of Jesus, just as Jesus said to St. Faustina: **“souls ... busy themselves with other things.”** If we seek first the Kingdom of God, He will provide for our needs, just as He provides for us every spiritual blessing in the Mass. Above all, Jesus states that to remain in Him, we must keep His com-

mandments. That is, we must do His will, just as He fulfilled the will of the Father and so remained in Him (see Jn 8:29, 14:21, 15:10; 1 Jn 3:24).

In this way, if we fulfill the will of the Father, we will always remain united to Jesus long after the sacrifice of the Mass. But we can extend that abiding Presence of Jesus even further: Did not Jesus tell us that whatever we do to the least of our brothers and sisters, we do to Him? In the poor, the sick, the elderly, and children, Jesus abides with us. In fact, we can return the favor Jesus gives to us: Just as He listens to our complaints, our pains, our sorrows as we visit Him in the Blessed Sacrament, while He pours out His love and mercy upon us, so we can do the same for Jesus who suffers in the least

of our brothers and sisters. We can abide with Jesus by remaining with them, hearing their pains, and pouring out His love to them through our words, actions, and abiding presence.

Jesus remains with us always through the Eucharist and our poorest brothers and sisters. May we stay with Him and never leave Him.

Below is a prayer that St. Padre Pio of Pietrelcina would pray after Holy Communion, which we can make our own, begging Jesus to stay with us always.

Stay with me, Lord, for it is necessary to have You present so that I do not forget You. You know how easily I abandon You.

Stay with me, Lord, because I am weak and I need Your strength, that I may not fall so often.

Stay with me, Lord, for You are my life, and without You, I am without fervor.

Stay with me, Lord, for You are my light, and without You, I am in darkness.

Stay with me, Lord, to show me Your will.

Stay with me, Lord, so that I hear Your voice and follow You.

Stay with me, Lord, for I desire to love You very much, and always be in Your company.

Stay with me, Lord, if You wish me to be faithful to You.

Stay with me, Lord, for as poor as my soul is, I want it to be a place of consolation for You, a nest of love.

Stay with me, Jesus, for it is getting late and the day is coming to a close, and life passes; death, judgment, eternity approaches. It is necessary to renew my strength, so that I will not stop along the way and for that, I need You. It is getting late and death approaches, I fear the darkness, the temptations, the dryness, the cross, the sorrows. O how I need You, my Jesus, in this night of exile!

Stay with me tonight, Jesus, in life with all its dangers. I need You. Let me recognize You as Your disciples did at the breaking of the bread, so that the Eucharistic Communion be the Light which disperses the darkness, the force which sustains me, the unique joy of my heart.

Stay with me, Lord, because at the hour of my death, I want to remain united to You, if not by Communion, at least by grace and love.

Stay with me, Jesus; I do not ask for divine consolation, because I do not merit it, but the gift of Your Presence. Oh yes, I ask this of You!

Stay with me, Lord, for it is You alone I look for, Your love, Your grace, Your will, Your Heart, Your Spirit because I love You and ask no other reward but to love You more and more. With a firm love, I will love You with all my heart while on earth and continue to love You perfectly during all eternity. Amen.

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