

## Quotes on The Most Holy Eucharist

“Of all devotions, that of adoring Jesus in the Blessed Sacrament is the greatest after the sacraments, the one dearest to God and the one most helpful to us.”

- **St. Alphonsus Liguori**

“The Eucharist is above all else a sacrifice.”

- **St. John Paul II**

“With all the strength of my soul I urge you young people to approach the Communion table as often as you can. Feed on this bread of angels whence you will draw all the energy you need to fight inner battles. Because true happiness, dear friends, does not consist in the pleasures of the world or in earthly things, but in peace of conscience, which we have only if we are pure in heart and mind.”

- **Bl. Pier Giorgio Frassati**

“Jesus has made Himself the Bread of Life to give us life. Night and day, He is there. If you really want to grow in love, come back to the Eucharist, come back to Adoration.”

- **St. Teresa of Calcutta**

“How many of you say: I should like to see His face, His garments, His shoes. You do see Him, you touch Him, you eat Him. He gives Himself to you, not only that you may see Him, but also to be your food and nourishment.”

- **St. John Chrysostom**

“A thousand years of enjoying human glory is not worth even an hour spent in sweetly communing with Jesus in the Blessed Sacrament.”

- **St. Pio of Pietrelcina**

“What wonderful majesty! What stupendous condescension! O sublime humility! That the Lord of the whole universe, God and the Son of God, should humble Himself like this under the form of a little bread, for our salvation.”

- **St. Francis of Assisi**

“Do you realize that Jesus is there in the tabernacle expressly for you – for you alone? He burns with the desire to come into your heart...don't listen to the demon, laugh at him, and go without fear to receive the Jesus of peace and love.”

- **St. Therese of Lisieux**

“Every time you visit the Church for the love of Christ, His heart draws us in an embrace of sheer delight. The tabernacle is like Mary's womb wherein dwells the same Christ who reigns above, adored by angels, He who enters our bodies and souls.”

- **St. Margaret Mary Alacoque**

*You come to me and unite Yourself intimately to me under the form of nourishment. **Your Blood now runs in mine**, Your Soul, Incarnate God, compenetrates mine, giving courage and support. What miracles! Who would have ever imagined such!"*

- **St. Maximilian Kolbe**

"When the Mass is being celebrated, the sanctuary is filled with countless angels, who adore the Divine Victim immolated on the altar."

- **St. John Chrysostom**

"The devotion to the Eucharist is the most noble, because it has God as its object; it is the most profitable for salvation, because it gives us the Author of Grace; it is the sweetest, because the Lord is Sweetness Itself."

- **St. Pius X**

"Every morning during meditation, I prepare myself for the whole day's struggle. Holy Communion assures me that I will win the victory; and so it is. I fear the day when I do not receive Holy Communion. This bread of the Strong gives me all the strength I need to carry on my mission and the courage to do whatever the Lord asks of me. The courage and strength that are in me are not of me, but of Him who lives in me – it is the Eucharist."

- **St. Faustina**

"All shrines of Mary, scattered throughout the world, have become above all centers of devotion to the Eucharist, as if the Mother of Jesus had appeared, here or there, in order to lead the faithful to the adoration and love of her blessed Son."

- **St. John XXIII**

"To have divine love as its inner form, a woman's life must be a Eucharistic life. Only in daily, confidential relationship with the Lord in the tabernacle can one forget self, become free of all one's own wishes and pretensions, and have a heart open to all the needs and wants of others."

- **St. Teresa Benedicta of the Cross  
(Edith Stein)**

"Gaze upon Him, consider Him, contemplate Him, as you desire to imitate Him."

- **St. Clare of Assisi**

"The Eucharist is essential for us: it is Christ who wishes to enter our lives and fill us with his grace."

- **Pope Francis**

"The Eucharist is the sacrament of love: it signifies love, it produces love. The Eucharist is the consummation of the whole spiritual life."

- **St. Thomas Aquinas**