

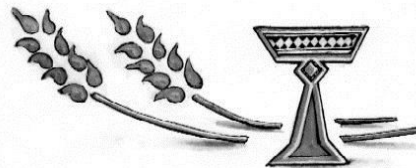
# Jesus, our Strength and our Happiness<sup>1</sup>

St. Peter Julian Eymard to the Servants of the Blessed Sacrament  
Paris, Monday, June 14, 1858

So that you can live this life of sacrifice about which we have spoken, strength is needed. We cannot find it in ourselves who are but weakness and misery, but we will find it in the Eucharist. **So that the Eucharist can be our strength**, it must become the dominant attraction of our lives, the intention of all our actions; in a word, we do nothing but by it and for it. If a soul is courageous, for an attraction to become its dominant virtue, only one or two weeks are needed. Yes, my Sisters, we find our strength in the Eucharist. Our Lord said to Saint Peter: *Satan has asked to sift all of you like wheat, but I have prayed that your own faith may not fail, and once you have turned back, you must strengthen your brothers.* (Lk. 22:31-32) Yes, my Sisters, Satan has also asked to sift you; you make him furious. He does not like you because he has a horror of the Eucharist. He knows that he has no grip on a soul that receives Communion. Therefore he puts into action all that can crush you, if that were possible.

You certainly have all sorts of trials to bear on the part of the demon and the world. Up to the present, they have been almost nothing, only empty words, but you will have many more, my poor Sisters. Be ready for them and draw your strength from the Eucharist. It is only there that you will become strong. You must have the strength of martyrs because you will have much to suffer. How can we be victorious if Jesus is not with us? In the Cenacle, Mary would have died at the deprivation of her divine Son if the sacred species had not remained with her from one Communion to the next, if she had not had Jesus with her. The first Christians understood this so well that they took the Holy Eucharist with them, in order to receive Communion before being martyred. They well knew that they could do nothing by themselves.

This is not enough, my Sisters; **you must find your happiness in the Eucharist**, otherwise you will not endure the struggle and your strength will fail you. A Eucharistic soul's whole thought is directed to the purpose of her vocation and she should be ever grateful and thankful for this benefit. She must say with Saint Paul: *It is no longer I who live, but Jesus who lives in me* (cf. Gal 2:20). This thought ought to be its joy in the midst of sufferings. To be with Jesus is heaven! To serve him, to form his court, to be as the angels in heaven, can there be any greater happiness?



## **Points for reflection:**

Father Eymard presents the Eucharist as the principal source of strength in the Christian life. He refers to Sts. Peter and Paul, and to the first Christian martyrs, and to Mary in the Cenacle. What strikes you in these references?

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<sup>1</sup> Number 34. *Jésus notre force et notre bonheur.*