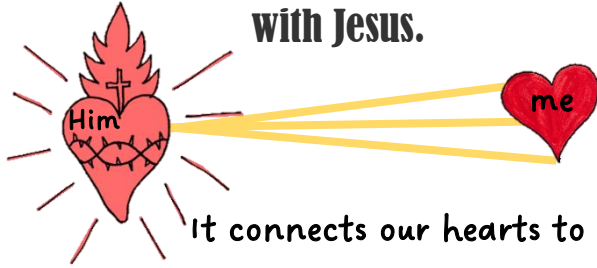


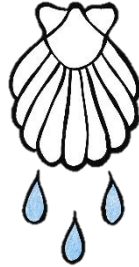
# The Graces and Fruits of Holy Communion

**Increases the Strength of our Friendship with Jesus.**



It connects our hearts to His.

**Preserves, Increases, and Renews the Graces of our Baptism.**

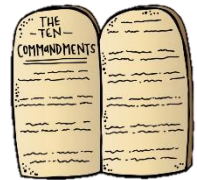


Complete forgiveness of original sin & personal sin; citizenship of God's Kingdom; member of the Body of Christ & a sharer in her mission; the first installation of the Gifts of the Holy Spirit; becoming priest, prophet, & king; you are able to obtain the inheritance of eternal life; help to believe in God, to hope in God, & to love God; help to grow in goodness



**Gives us Forgiveness from our Venial Sins.**

**Helps us Resist Grave (Mortal) Sin which Separates Us from God.**



**Strengthens our Charity which tends to be weakened by our Daily Life.**

**LOVE**

"the theological virtue by which we love God above all things for His own sake, and our neighbor as ourselves for the love of God"



**Revives our love for Jesus and helps us break our attachment to worldly things.**



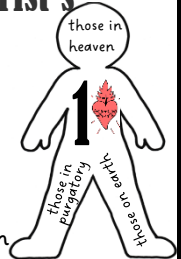
**Roots us in Christ.**



Jesus is our **SOIL** where we absorb the **LOVE** and the **good habits** we need to grow beautifully in His design.

**Unites us to all the faithful in Christ's One Mystical Body, the Church.**

- those already in heaven,
- those waiting to go to heaven in purgatory
- those of us on earth hoping for heaven



**Helps us recognize Jesus in the poorest and helps us to love them as we love Jesus.**



**New Commandment:**  
As I have loved you, so you also should love one another.



**Gives us a foretaste . . . a brief moment in . . . a glimpse of . . . the glory of Heaven.**

We are never closer to heaven (here on earth) than when we celebrate the Mass and receive Jesus into our hearts.

**The Eucharist, Jesus' Real Body, Blood, Soul, & Divinity, is the ultimate food for our souls.**