

Preparing to Receive Jesus in the Eucharist



2. One Hour Eucharistic Fast

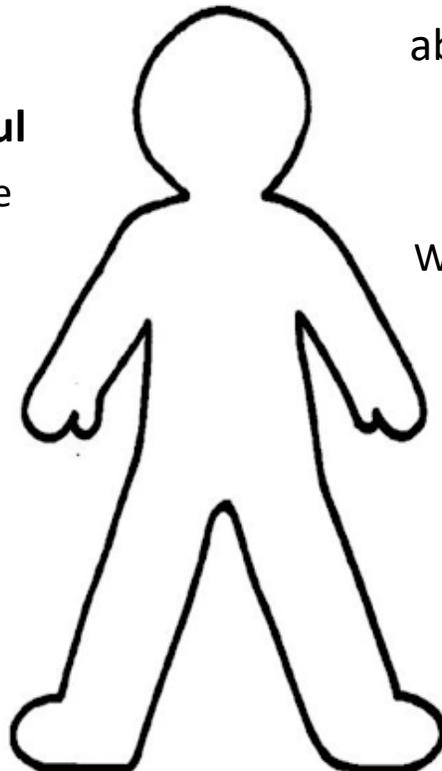
That means No Food or Drink
one hour before receiving Jesus.
(Water and Medicine is okay)



1. Have a clean Soul

That means you have
No Mortal Sin
in your Soul.

**Confession Cleans
our Soul.**



3. Know and Think about WHO you are going to receive: **JESUS!**

Which means to believe that
Jesus is Truly Present
In the Eucharist,
Body,
Blood,
Soul
& Divinity!