



Before

you come to Holy Communion, pay attention to what you say: 'Forgive us our debts, as we forgive our debtors'.

Do you forgive? You'll be forgiven. Approach with boldness. It's bread, not poison. So look to it.

Have you forgiven? Because, if not, you're lying. And, what's more, you're lying to Him from Whom you can't hide it.

You can tell God lies. But you can't hide from Him. He knows what you're up to. He sees through you. He examines you inside and out. He searches you inside and out. He judges you inside and out. And He either condemns you or crowns you.

» *Saint Augustine of Hippo*

**Source:** [pemptousia.com](http://pemptousia.com)