

À *The Communion Rite (Jn 6:53)*

§ **"Our Father" (Mt 6:9-13)**

- ❑ The seven petitions of the Our Father summarize the seven desires of Christ's heart, may they be yours.
- ❑ Only in, with and through Christ, can we confidently approach and call God, "Father".
- ❑ Try praying the Our Father backwards! Like a ladder, it reveals the steps of your spiritual life, leading up to the first petition, calling God, "Father".
- ❑ **"Our Father":** not "my Father". One family in Christ.

§ **The Priest Breaks the Host and Mingles a Small Piece in the Chalice**

- ❑ A symbol and sign of the Risen Christ, the Body and Blood of Christ now reunited. (Lk 24:35)
- ❑ Also a sign of union between the Pope, Bishops and our local Church.

§ **"Peace be with you" (Jn 15:12; Jn 20:20)**

- ❑ Christ's peace is a peace this world cannot give. Mt 5:23-24 "Be reconciled to one another."
- ❑ **Christ's presence brings peace**, His Spirit frees you from anxiety.

§ **"This is the Lamb of God..." (Is 53:7; Jn 1:29)**

- ❑ The Baptist points out Christ to Andrew and John, the priest now points you toward Christ, "This is the Lamb, follow Him."
- ❑ **Christ gives you the Gift of His Life**, so much does He love you - never doubt His love for you. He died so you may "live in His love." (Jn 15-17)
- ❑ 1 Cor 10:16 "We are one in Christ."
- ❑ Mt 8:8: "**Lord, I am not worthy...**"
- ❑ You too must be broken, your life given in a gift of love to God and to others. (Rom 12:1)

§ **Communion (1 Cor 11:27-29; Jn 6:51)**

- ❑ We say "amen" stating our **faith in Christ's presence** in the host. "Amen", that is, "I believe, it is so."
- ❑ Communion is a sign and symbol of God's plan for us - "the **two become one flesh**" - God's spousal love for you - He desires to unite Himself intimately with you.
- ❑ Is there anything in your life keeping you from giving yourself to God with the same intensity and totality that God gives Himself to you?

§ **Time for Silent Prayer after Communion (Wis 16:20)**

- ❑ Reflect on Who now **dwells within your "heart"**. Speak to Him as your God, your friend, your life companion. Think of Mary carrying Christ in her womb and in her arms and always in her heart.
- ❑ Acts of thanksgiving, adoration, praise, sorrow, faith, hope and love.
The Risen Christ is with me!

§ **Communion Antiphon (Jn 17:21)**

- ❑ A scripture verse to "**take with you**", so as to remember Christ's presence dwelling with you.
- ❑ Learn and memorize the prayer "Anima Christi"

IV. Concluding Rites

§ **Final Blessing (Lk 24: 48-49)**

- ❑ United with Christ He now **sends you out in His name** "the Mass is over, go"...
- ❑ You are **called to be a disciple and apostle** of Christ.
- ❑ Blessed by God the Father, in Christ, with the gift of the Holy Spirit. You are a living temple of the Holy Spirit. Respect and reverence for your body.
- ❑ **God's blessing throughout salvation history:** God blessed Adam and Eve; the blessing of Abraham; Isaac blessing Jacob; Moses blessing Joshua; Christ blessing His first apostles; you now share in this same blessing.
- ❑ You are called to **be a blessing to all** you meet this day. Bless others in the name of Christ. 1 Cor 4:12

§ **Priest Kisses the Altar (Tob 16:6)**

- ❑ **Gratitude** toward God the Father for giving His Son to you;
- ❑ Gratitude and love toward the Son for giving you His life and love;
- ❑ Gratitude toward Father and Son for sending you the Gift of the Holy Spirit.
- ❑ Live this day filled with the Spirit of Christ.
- ❑ Ephesians 1:1-19

-- by Fr. Daniel Long, LC

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§ **Before you come to mass**

(Psalm 51: 8,12,19)

- ❑ **Where is my heart?**
- ❑ Am I aware of any serious sin separating me from Christ's teaching, life or love?
- ❑ "What are you looking for?" (Jn 1:38)
- ❑ **A-C-T-S:** The mass contains all forms of prayer. Which form of prayer will I offer to God today:
Adore- the Blessed Trinity;
Contrition- for my sins and the sins of others;
Thanks—for spiritual and material gifts received;
Supplication – for spiritual or material needs of others and myself?
- ❑ Ex.: "today I seek the grace of greater sorrow for my sins as I participate in this mass." Or "today I offer this mass for my family."
- ❑ See: Heb 9:25-26; 10:10; Ps 25:8

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§ **Blessing with Holy Water**

(Rm 6:3; Gal 3:27)

- ❑ **Sign of water** in the OT now a reality in your life: The Spirit hovering over the water at creation; Noah's Ark; Crossing the Red Sea; Leaving Egypt behind; The necessity of cleansing and purification to enter the promised land. (Joshua 3:17)
- ❑ **Renew your baptismal commitment.**
- ❑ "...no longer I, but Christ lives within me..." (Gal2:20)