

# IN SPIRIT AND TRUTH: THE MASS



## Called to Grace

This is article 19 of 22 of the Mass series

As faithful Christians, we are called to ready ourselves spiritually for the reception of Holy Communion. Amidst all the things we can do to spiritually prepare ourselves for the Eucharist, we cannot overlook the importance of ensuring we are receiving the Eucharist in “the state of grace.”

The holy moment of receiving Christ in the Eucharist requires us to examine our conscience. We are called to examine our conscience before Mass in order to avoid receiving the Eucharist in the state of mortal sin. St. Paul says, “Whoever, therefore, eats the bread or drinks the cup of the Lord in an unworthy manner will be guilty of profaning the body and blood of the Lord. Let a man examine himself, and so eat of the bread and drink of the cup. For anyone who eats and drinks without discerning the body eats and drinks judgment upon himself”(1 Cor. 11: 27 –29). In reverence to Christ’s sacrifice in the Eucharist, we are expected to approach the sacrament with a pure heart.

How do we ensure we are in the “state of grace?” Through the sacrament of Confession. Mortal sin severs our relationship with God, thus removing ourselves from certain graces that God wants to pour into our lives. We are encouraged to seek reconciliation, and remove ourselves from any mortal sin. This restores us to the right relationship with God, it restores our “state of grace.”

Through our baptism, God loves us as his very own children and wants to continually pour out graces into our lives. As our Father, God desires to give us eternal life in heaven and the graces to ensure we get there! To receive the Bread of Life that feeds us in our journey to our eternal home in Heaven, let us strive to seek the Sacrament of Reconciliation frequently and keep our souls within the state of grace.

This week's *In Spirit and Truth* is written by Joseph Nufable