

IN SPIRIT AND TRUTH: THE MASS



The Eucharistic Prayer

This is article 12 of 21 of the Mass series

The “Holy, Holy, Holy” has just finished and we all kneel. Now what? Let’s break down the Eucharistic Prayer and how you can pray during this part of the Mass. The priest typically selects from four different options for the Eucharistic Prayer, all of which have the same four parts that can be summed up in the simple prayer **Come, Lord Jesus, come.** (Catechism of the Catholic Church, 1352-1354).

Come...

When the priest stretches his hands over the bread and wine, he prays for the blessing of the Holy Spirit to **come** upon the bread and wine, which is called the *epiclesis*. In this moment, pray that the Holy Spirit come upon you as well, to direct your focus on Christ.

...Lord...

Jesus is **Lord**. And so, He can make bread and wine His Body and Blood. When the priest takes the large host and the chalice, he says the words of *institution* over them and they become His Body and Blood. Then in silence, the priest raises the Body and Blood of Christ for all to see. In this moment, pray that the Lord increase your faith in His presence.

...Jesus...

After we sing the **Memorial Acclamation**, the priest prays the *anamnesis*, where we call to mind who **Jesus** is: the One Who died, rose, and will come again. The sacrifice of His love on the Cross is now present on the altar. Remember Christ offered everything out of love for you.

...come.

The priest prays for the Church and the world, the living and the dead in what is called the *intercessions*. Pray along with the priest for these intentions and how your own fit in this entire prayer of the Church.

“...[In] the Eucharistic Prayer [also called the anaphora]-the prayer of thanksgiving and consecration-we come to the heart and summit of the celebration.” (CCC 1352)

This week's *In Spirit and Truth* is written by Fr. Matthew