

IN SPIRIT AND TRUTH: THE MASS



Prayer after Eucharist

This is article 20 of 22 of the Mass series

The Eucharist is the Christian's deepest form of worship in the Church – the act by which we offer Thanksgiving and praise to the Father, remember the sacrifice of Christ and his Body, and acknowledge the presence of Christ by the power of his Holy Spirit which dwells in us (see CCC 1358). Our Catholic faith weighs heavily on what we believe in the Eucharist. As such, at the moment we receive the Eucharist, we are called to give our prayer in response!

Praise to the Father

We benefit greatly from the generosity of God the Father! Through His son, Jesus, God is redeeming us and making us holy. We receive the Eucharist as an expression of our thanksgiving for what God has done and is continuing to do in us through the Cross (see CCC 1360). The next time you receive the Eucharist, take time to say thank you to God the Father for blessing us with his Son, then offer up thanksgiving for any other blessings in your life.

Remembering Christ's Sacrifice

The sacrifice of Christ and the sacrifice of the Eucharist are one single sacrifice. On the Cross, Christ offered Himself. On the Altar, Christ offers Himself in a new way (see CCC 1367-1368). As such, Christians are called to offer up their work, families, suffering, joys, and hopes in the same way Christ was offered on the Cross.

Acknowledging the Presence of Christ

As the Holy Spirit changes the simple bread and wine into Christ's Body and Blood, so too the Holy Spirit brings about a deeper conversion in our hearts (see CCC 1375). It is through the Holy Spirit we may recognize with eyes of faith the powerful things God is doing at Mass. After receiving the Eucharist, allow Christ to tell you what new things He wants to do in your life – be open to contemplate the work God wants to continue to do in your life beyond the Mass.

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