

Week Four: Communion Rite

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At the Last Supper, Jesus took the bread and the wine and said “This is my Body, this is my Blood.” He asked his disciples to remember what he had done and to celebrate this special meal again and again. “Do this in memory of me.” Every time we attend Mass and the priest says these words over the bread and wine, they become the Body and Blood of Christ.

The Eucharistic Prayer and Consecration

During the Eucharistic Prayer, the priest uses Jesus’ words from the Last Supper. This is called the **Consecration** and is the point in the Mass at which the bread and wine truly become the Body and Blood of Christ. Jesus is really present in the Eucharist – He assumes the form of bread and wine. This is called the Real Presence. Only a priest ordained through the Sacrament of Holy Orders can consecrate our simple gifts of bread and wine and change them into the Body and Blood of Christ.

The Mystery of Faith

After the **Consecration**, we proclaim the **Mystery of Faith**. The Holy Eucharist is a mystery – we accept and believe. We are so close to Jesus now! He has given himself to us in Holy Communion. We are united with Jesus and say AMEN – “Yes, I believe!”

The Lord’s Prayer, Sign of Peace and Lamb of God

After the **Eucharistic Prayer**, we pray the **Our Father** to ask for forgiveness and prepare for Holy Communion. We give one another the **Sign of Peace** to show that we are united with Jesus and with one another. We then ask Jesus to save us from sin as we pray the **Lamb of God**. The priest then invites us to receive Jesus in Holy Communion and we respond with the words “Lord, I am not worthy that you should enter under my roof, but only say the word and my soul shall be healed.”

We then go forward quietly and respectfully and receive the Body and Blood of Christ.

After receiving Holy Eucharist, we pray silently to Jesus in thanksgiving. We thank Him for the gift of himself in Holy Communion. We remember that now Jesus is present within us and we welcome Him into our hearts.