

## **The Catholic Priest's Reception of Communion – *Silent Prayers that Resound with Deep Meaning***

After beholding the newly consecrated host and precious blood in adoration and humility (*last week we reflected on this as the priest holds up both sacred species and says, "Behold the Lamb of God...etc."*), it is time for the reception of holy communion during the Catholic Mass. The Catholic Priest is supposed to be the first to receive, and this reception is surrounded by beautiful silent prayers the priest is supposed to pray at this point. These silent prayers truly communicate the importance of what is happening, and they can help everyone more fully approach this amazing truth of our faith when we receive Jesus at Catholic Mass.

First of all, the priest has two options of longer silent prayers after the Lamb of God is sung and before he elevates the chalice and host during the "Behold the Lamb of God..." part that we reflected on last week. These longer and silent prayers are so beautiful that I just want to put them here for you to pray with if you'd like:

*"May the receiving of your Body and Blood, Lord Jesus Christ, not bring me to judgment and condemnation, but through your loving mercy be for me protection in mind and body and a healing remedy."*

OR

*"Lord Jesus Christ, Son of the living God, who, by the will of the Father and the work of the Holy Spirit, through your Death gave life to the world, free me by this, your most holy Body and Blood, from all my sins and from every evil; keep me always faithful to your commandments, and never let me be parted from you."*

Secondly, I would like to say a few words about the silent prayer the priest says immediately before receiving holy communion. He is supposed to say, "*May the Body of Christ keep me safe for eternal life*" and then "*May the Blood of Christ keep me safe for eternal life.*" These short and silent prayers immediately before the priest receives at least acknowledge two things: first, that we are focused on our eternal home and reality, and this prayer truly helps me to bring that to mind that eternal life is what matters most; second, that Jesus' very life in holy communion is our hope, our love, and our salvation, and we need to remember in humility that our relationship with Him truly keeps us safe as far as it more deeply unites us to His Divine life even more fully than before. These silent prayers help me to prepare my heart and soul for communion, and please consider using these or other prayers to help you approach Jesus in Holy Communion with a lively faith and a humble heart. God Bless you, and let us thank God for the beauty, truth, and blessing of our Catholic faith and Jesus coming to us at every Mass in Holy Communion for our sake!