

### **The Prayer After Communion – United, Filled Up, and Sent Out!**

After the distribution of Holy Communion is over, the priest leads the all the people by praying what has been called, the ***Prayer After Communion***. Similar to the Collect Prayer towards the beginning of mass, as well as the Prayer over the Offerings during the middle of mass, the Prayer After Communion is unique and specific to each Sunday Mass that is celebrated (*or each daily Mass if you are attending daily mass as well...this prayer is unique as opposed to the proper or common prayers of the Mass that stay the same each mass, for example*). This prayer almost always references what has just occurred in participating and/or receiving the Eucharist in Holy Communion or entering more deeply into his paschal sacrifice for us. We can say that there are three themes that are common to this prayer to pay attention to at times to help us open our hearts to what Christ may be saying to us when we pray silently alongside the priest during this moment. These three themes are: (1) our new **union** with Christ and the Church, (2) our role in properly disposing our hearts to His grace that **fills us** up, and (3) how we are **sent out** to the world!

First of all, we always need to reflect and try to greater understand the profound truth and mystery of recognizing our new, deepened, and reanimated **UNION or UNITY** with Christ and the Church. We know that it is easy at times to take this for granted in our lives, and this Prayer After Communion can be a powerful moment to simply remember and reflect on the truth and power of what we have just participated in at each Mass.

Secondly, it is very important for us to realize that the graces Christ wants to give us throughout the Mass and within Holy Communion do not become active in us automatically or magically without our true cooperation with those graces. The Prayer After Communion often encourages us to properly dispose our hearts to these unique graces, which could be inspiration for us to be transformed, to be purified or heal from sin or wound, and/or for us to be sanctified and elevated to a new perspective or understanding about the mysteries of our faith. These different types of graces are meant to fill us up throughout the Mass, and especially within holy communion, and our own simple, peaceful, yet also determined effort to open our minds and hearts to what Christ is doing in our souls, can make a profound difference in our experience at mass.

Thirdly and finally, God wants to end the entire Mass by sending us out on a mission to the entire world. When we receive the infinite and personal Divine Love of Jesus Christ in Holy Communion, it should help us first, be thankful and reflect on this reality, second, encourage us to open our hearts and dispose ourselves to Christ's unique activity within us, and finally, send us out to the world. The nature of receiving God's love and being filled up is to be creative and overflowing outwards towards others. May we ask God today to help us understand how this little prayer at the end of Mass, the Prayer After Communion, can be a uniquely helpful and powerful moment to remember our union with Christ, to try to dispose our hearts to His graces, and to send us out into the world for God and for the good of all people in our world.