

JANUARY – PREPARING TO RECEIVE OUR LORD IN THE EUCHARIST

FASTING, PRAYERS BEFORE AND AFTER HOLY COMMUNION

Scripture: 1 Corinthians 11:23-26

Reflection and Action Item:

Receiving our Lord and Savior Jesus Christ in the Holy Eucharist is a sacred and important moment for which we should be prepared. This is not something to take lightly as we are receiving Jesus to strengthen us on our earthly journey in the way that God has planned for our salvation. We must prepare to meet Jesus by fasting, prayer and participation in the Holy Sacrifice of Mass.

From PNCC Prayer Book:

Fasting is an ancient religious tradition, helping one focus on the needs of the soul over the needs of the body: the need for Christ over the needs of self. As Jesus said during His own forty-day fast, "Man does not live by bread alone, but by every word that proceeds out of the mouth of God." Fasting before communion helps us properly prepare for the solemn and reverent receiving of His sacred Body and Blood. Fasting before Communion is not primarily an act of Penance, but one of homage to our Lord.

The faithful are required to fast for two hours before receiving Holy Communion. This means eating no food of any kind (except when necessary, with medication) and drinking nothing except water. Exceptions to this fast are when someone has a medical condition that requires eating or drinking, When approaching the priest for Holy Communion make sure to do so reverently.