

# How to prepare to receive Holy Eucharist and why important

## Objective:

The Eucharist is more than a symbol, it is God. The last words of Jesus according to Mathew were; “And behold I will be with you always even until the end of time.” (Mt. 28: 20). Preparing to receive the Holy Eucharist is important; it is about what is going on in your heart, mind and soul when you willingly invite God to come under your roof, to enter your house, to be in you, with you, completely. Explore the challenges of this topic deeply, bring others along in explaining how you prepare to receive Him.

**Song Suggestion:** One Bread, One Body (Blue 337, Red 813, Gather 346, Music Issue 357)

## Bible and Catechism Readings:

### Mathew 28: 20

“And behold I will be with you always even until the end of time.”

### Luke 7:6

And Jesus went with them, but when he was not far from the house, the centurion sent friends to say to him, “Lord, do not trouble yourself, for I am not worthy to have you come **under my roof**;

### Luke 22:19

Then he took a loaf of bread, and when he had given thanks, he broke it and gave it to them, saying, “This is my body, which is given for you. Do this in remembrance of me.

### Catechism 1327

In brief, the Eucharist is the sum and summary of our faith: “Our way of thinking is attuned to the Eucharist, and the Eucharist in turn confirms our way of thinking.”

## Vignette:

When I attend Mass I, like many people, tend to mentally drift a bit more than I should. I know I should be more focused; but it is hard. I am involved in Church and do my best to show up and be a good Catholic. I am even a Eucharistic minister. Last Sunday, after giving communion, I sat down and it occurred to me how differently people seemed when taking communion. Some are visibly engaged in the moment; humble in His presence, of clear eyes when theirs met mine in acknowledgement that Jesus is here, in the host. Others are more robotic, mechanical; our eyes do not meet, we are strangers in this moment. They say Amen automatically reflecting the distance in their eyes. I wonder why that is? I wonder what accounts for these differences in the level of spiritual engagement of communicants, and even Eucharistic ministers, each Sunday. Is it possible to increase engagement by preparation? What would be a better preparation to receive the Eucharist?

## Questions for Large and Small Group Discussion:

What do you think about the notion that some Catholics are not be spiritually engaged when receiving the Holy Eucharist?

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Is it fair to question whether someone is spiritually engaged just by reading their eyes and hearing their amen?

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What might account for the differences we see in how people receive Holy Communion?

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Do you think Jesus would want people with no love for him in their soul to receive Him in the Holy Eucharist?

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Do you ever notice that some people distributing Holy Communion do not appear to be Spiritually engaged on account of the way they handle it as a job?

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How might Catholics better prepare to be Eucharistic ministers?

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How might Catholics better prepare to receive Him through the Holy Eucharist?

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What specific preparation has worked for you and have you ever shared it with your wife; your children?

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**Action Plan:**

Steps I can take to better prepare to receive the Holy Eucharist are; faith, appreciation, clean house, come early, reverence, intentions, participation, A Marian Heart, thanksgiving and Eucharistic Apostleship. See: <https://catholicexchange.com/ten-ways-prepare-communion>

What steps can you take in response to these ten ways of ensuring “under your roof” is a worthy place for Him to enter?

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