

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

Bible and Catechism Readings:

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.

1 Corinthians 11: 29

For anyone who eats and drinks without discerning the body, eats and drinks judgment on himself.

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.”

Saint:

St. Thomas Aquinas (Feast Day January 28). Aquinas wrote several documents on the Eucharist including sections of Summa Theologiae. When writing about the Eucharist he would put the document at the foot of the blessed sacrament during adoration seeking the Lord’s guidance. Aquinas is a doctor of the Church.

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? 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:

1. What do you think about the notion that some Catholics are not be spiritually engaged when receiving the Holy Eucharist?
2. Do you think Jesus would want people with no love for him in their soul to receive Him in the Holy Eucharist?
3. How might Catholics better prepare to receive Him through the Holy Eucharist?
4. What specific preparation has worked for you and have you ever shared it with your wife; your children?

Step it up!:

Here are a few steps you can take to better prepare for receiving Holy Eucharist.

1. **Confession** – regular confession is a great way to prepare to receive the Holy Eucharist. Through 1 Corinthians 11: 27-29 St. Paul makes it clear that we eat and drink judgement on ourselves when we consume the Eucharist unworthily. Have you committed mortal sin? View an Examination of Conscience. <https://mycatholic.life/catholic-prayers/examination-of-conscience/>
2. **Fasting** – The Church requires us to fast for one hour before communion. Try extending your Fast to 3 or 4 hours. Perhaps a little more sacrifice will help us focus on the importance of receiving our Lord in the Holy Eucharist.
3. **Reflect on the scripture readings before Mass** - This will better prepare you for Mass and hopefully make Mass a richer experience. This can be done anytime during the week.
4. **Dress appropriately** – Give the Lord proper respect and honor by what you wear. A coat and tie are good but a casual buttoned shirt and slacks will work too. I doubt you would meet the president of the United States wearing shorts and tennis shoes so why meet our Lord dressed this way.

<https://catholicexchange.com/ten-ways-prepare-communion>

<https://www.denvercatholic.org/receiving-the-eucharist-worthily>

What additional steps can you take to ensure “under your roof” is a worthy place for Him to enter?

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