

**Federation of Diocesan Liturgical Commissions [FDLC]
Mystagogy Project on Texts of the *Roman Missal***

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FIRST SUNDAY OF ADVENT

December 01, 2013

Prayer after Communion:

May these mysteries, O Lord,
in which we have participated,
profit us, we pray,
for even now, as we walk amid passing things,
you teach us by them to love the things of heaven
and hold fast to what endures.
Through Christ our Lord.

Reflection:

The Prayer after Communion helps the assembly to focus on what has just been accomplished in the Eucharist. This particular prayer was newly composed for the first edition of the *Roman Missal* after the Second Vatican Council. However, it has its roots in two prayers found in the *Verona Sacramentary* dating around the sixth century.

The word “mysteries” is often understood as something beyond comprehension. In the context of this prayer, it is drawn from the biblical Greek word *mysterion*, which was later translated into Latin as *sacramentum* or sacrament. Thus, the phrase, “may these mysteries”, refers to the celebration of the Eucharist in which we have just participated. Another word worthy of explanation is the unfamiliar use of the word “profit”. It is translated literally from the Latin and means to have an effect on us.

Consequently, we pray that the celebration of the Eucharist affect us so that, while on this earth, we may grow in faith through our participation in the sacred mysteries. We also pray to learn to love as Christ who loves perfectly in this world with his eyes fixed on heaven.

Prayer:

Lord, through our participation in the Eucharist, transform us so that we may be made holy and be nourished to walk and love as Christ in the world.

Submitted by:
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