

**Federation of Diocesan Liturgical Commissions [FDLC]
Mystagogical Reflection on Texts of the *Roman Missal***

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THIRD SUNDAY IN ORDINARY TIME

January 26, 2014

Prayer after Communion

Grant, we pray, almighty God,
that, receiving the grace
by which you bring us to new life,
we may always glory in your gift.
Through Christ our Lord.

Reflection:

This prayer emphasizes the inseparable link between Baptism and Eucharist. The new life in Christ we receive through the waters of Baptism is strengthened and renewed at every celebration of the Eucharist. Through the sacraments God freely and graciously gifts us with his grace to sanctify us. Our response of glory and praise to God arises joyfully from our thankful hearts.

Our Baptism makes us sons and daughters of God. In Romans 8:16, Paul wrote: “The Spirit itself bears witness with our spirit that we are children of God.” God feeds his children, not with ordinary food, but with the food and drink of eternal life – the Body and Blood of his only Son. Eucharist is always a foretaste of the heavenly banquet.

Through Christ’s incarnation into our humanity, we begin to participate in his divine nature. This theology of divinization is expressed in the words said at the preparation of the chalice (and in the Collect for Christmas Mass during the Day): “By the mystery of this water and wine / may we come to share in the divinity of Christ / who humbled himself to share in our humanity.” God shares God’s very life with us!

Empowered by grace and emboldened by our identity as children of God, we begin our song of praise to God now – a song of glory that we will sing in heaven for ever.

Prayer:

Gracious God, may all we do praise you that we might share eternal life with you in glory.

Submitted by:
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