

**Federation of Diocesan Liturgical Commissions [FDLC]**

**Mystagogical Reflection on Texts of the *Roman Missal***

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SIXTH SUNDAY IN ORDINARY TIME

February 16, 2014

**Prayer after Communion**

Having fed upon these heavenly delights,  
we pray, O Lord,  
that we may always long  
for that food by which we truly live.  
Through Christ our Lord.

**Reflection:**

Any student of the Church's Liturgy is aware that the single purpose of the Prayer after Communion is to recapitulate in prayer every word, action, and belief that has led us to (and will soon send us from) the Eucharist fashioned (by profound sacred words and actions) and received by those gathered. Although not words of our choosing, but rather those supplied by the Church, it attempts to verbally express what we have experienced and believe.

This said, today's prayer speaks of our "having fed upon these heavenly delights." Often times, the word "delight" is all about me – what brings me pleasure, the enjoyment I have found, or the satisfaction that has come my way. The "delightfulness" to which we are directed in this simple-yet-complex metaphor is not about us at all. Rather, it is totally about what we have received: the Eucharist, genuine "heavenly delights".

Perhaps this prayer might give us pause to ponder not only how fortunate we are to be the recipient of the gifts of the Eucharist, but take spiritual delight in the realization of the life-giving affects afforded us to conform our words and actions this day to those of the Christ encountered in this holy feast.

**Prayer:**

O God, giver of all delightful gifts, truly fashion us by your grace that, in this Eucharist, we may grow in holiness and find the sustenance to give witness to Christ to all we may encounter this day.

Submitted by:  
Father Jim Bessert  
Director of the Office of Liturgy  
Diocese of Saginaw

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