

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

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SEVENTH SUNDAY IN ORDINARY TIME

February 23, 2014

Prayer after Communion

Grant, we pray, almighty God,
that we may experience the effects of the salvation
which is pledged to us by these mysteries.
Through Christ our Lord.

Reflection:

Through the Prayer after Communion, we pray that we experience the effects of salvation. Our salvation is a gift to us from God through Jesus Christ. Through Christ's life, Death, and Resurrection some effects of salvation are our redemption, justification, sanctification, and glorification.

As St. Paul tells us, Christ died once for all. Since, through our Baptism, we were united with him in death, we will be united with him in resurrection into eternal life (cf. Rom 6). We experience Christ through the sacraments and, by the graces received through them, we are able to put on a "new self" for living a sanctifying life free of sin. In the Eucharist, we are in intimate union with Christ. One of our goals, then, is to share our union with Christ with everyone we encounter so that we actually become Christ to one another. We "become what we eat."

Prayer:

Good and gracious God, we thank you for the graces received in the celebration of Holy Communion. Let them be our strength as we look forward to joining you in your heavenly Kingdom.

Submitted by:
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