

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

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FOURTEENTH SUNDAY IN ORDINARY TIME

July 6, 2014

**Prayer after Communion:**

Grant, we pray, O Lord,  
that, having been replenished by such great gifts,  
we may gain the prize of salvation  
and never cease to praise you.  
Through Christ our Lord.

**Reflection:**

The text of this prayer comes from the *Gelasian Sacramentary* which dates from the early 8<sup>th</sup> century and combines texts from both the Roman and Gallican Rites.

The prayer complements the second Communion Antiphon which is taken from Matthew 11:28, the Gospel proclaimed in Year A: “Come to me, all who labor and are burdened, and I will refresh you, says the Lord.” The antiphon’s use of the future tense “I will refresh you,” is brought to fulfillment in the words of the Prayer after Communion, “having been replenished by such great gifts.” Our wait for refreshment is complete because of the gift we have received at the altar.

The Prayer after Communion goes on to ask that we may gain the prize echoing St. Paul’s letter to the Philippians, Chapter 3, where he presses onward to the goal for the prize of the upward possession of Christ Jesus. The main body of the prayer concludes with the hope that we may “never cease to praise” the Lord. This expresses our longing to be united with the Lord, eternally exalting him for everything that he has done for us.

We might ask ourselves, how are the labors and burdens of my life refreshed and replenished by the Sacrament we have received? Do the things of this world distract me from striving for the greatest prize?

**Prayer:**

Father, may the Sacrament we receive be food and medicine for us so we can bear the burdens of this world and be prepared for eternal life. Through Christ our Lord.

Submitted by:  
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