Prayer after Communion:

Having received the food of immortality, 
we ask, O Lord, 
that, glorying in obedience 
to the commands of Christ, the King of the universe, 
we may live with him eternally in his heavenly Kingdom. 
Who lives and reigns for ever and ever.

Reflection:

When we pray this prayer, there are not many more words remaining in this liturgical year. We are in the last week. We begin again; we start anew on the eighth day – when we return for one more Eucharist, one more Mass – at the start of Advent.

But his end and this beginning sing the same tune, keep the same focus, and glory in the same Ruler of all. The food we consume this Sunday and every Sunday, the Body and Blood of Christ the Lord which we drink and eat, is done in obedience, glorious obedience. It is the Lord who says: Eat…drink…do this…remember me! This Sunday. Next Sunday. Every Sunday. This liturgical year. The one that begins next week. This blessed food of immortality strengthens us for one more week to sing the same tune, keep the same focus, and stay on the heavenly Kingdom path to Christ the Lord.

Prayer:

Help us, O God, be your obedient ones. 
Fill us to the brim, sate us with immortal food 
of the holy bread and blessed wine 
of your dead and risen Son’s Body and Blood. 
Let us never tire of the end of liturgical years 
until we see you face to face in the heavenly Kingdom.

Submitted by: 
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