

The Holy Eucharist is a sure and certain means for encountering the transforming love and redemptive power of God. The Prayer Book Catechism teaches that the Eucharist is *the way by which the sacrifice of Christ is made present, and in which he unites us to his one offering of himself*. The benefits we receive in the Eucharist are forgiveness of our sins, the strengthening of our union with Christ and one another, and our nourishment in eternal life.

Thus, the Eucharist isn't a performance at which we are an audience of spectators. It is a mysterious and powerfully transforming encounter with God. We are called to be active participants in the eucharistic liturgy, so that God's power and grace may be manifest in our lives.

One beloved and time-honored method of actively participating in the Eucharist is to pray private prayers at important moments in the liturgy. The inside of this brochure contains specific private prayers for these important moments. These prayers are a departure point. As you become accustomed to this spiritual practice, we hope you will create your own prayers, allowing the Holy Spirit to guide your heart and mind. The whole purpose of learning to *Pray the Eucharist* is to become spiritually focused, opening yourself to receive the amazing gifts God seeks to give us in this wonderful sacrament.



God our Father, whose Son our Lord Jesus Christ in a wonderful Sacrament has left us a memorial of his passion: Grant us so to venerate the sacred mysteries of his Body and Blood, that we may ever perceive within ourselves the fruit of his redemption; who lives and reigns with you and the Holy Spirit, one God, for ever and ever. Amen.

THE CHURCH OF THE REDEEMER
6211 NE 182nd St, Kenmore, WA
T: (425) 486-3777
W: <http://redeemer-kenmore.org>

PRAY the EUCCHARIST



*Private Prayers
for the
Liturgy*

PREPARATION FOR THE EUCHARIST

Taking some quiet preparation time before coming to the Eucharist is a valuable spiritual practice. This time can be used to create a list of persons, situations and events you want to include in the Prayers of the People. The time can also be used to reflect on those realities that trouble you, recalling things for which you wish to be forgiven during the Confession & Absolution.

BEFORE THE EUCHARIST BEGINS:

O God of Peace, help me to lay aside all distractions and earthly cares. For I have come here to receive the King of all, and be a partaker of eternal life; that I may be healed, restored, forgiven and strengthened to serve you. Amen.

BEFORE THE MINISTRY OF THE WORD:

Speak to me Lord, for your servant is listening. Amen.

AT THE OFFERTORY PROCESSION:

As you move from your seat to the Offertory Table, reflect upon all that you want to offer to God to be joined to the Paschal Mystery and transformed by God's grace and love.

Offering the bread:

Loving God, I offer and present myself, my soul, and body to you. I also offer before you all those people, situations and events that concern my heart and mind. I pray you to receive and transform my offering as is best to serve your Kingdom. Amen

Offering the wine:

Holy One, Lover of all, I offer and present to you all my fears, shortcomings, weaknesses and darkness of my life. I pray you to receive this truthful offering, that through the power of the Paschal Mystery it may be transformed into Resurrection Life. Amen.

AT THE PRIEST'S HAND-WASHING:

God of Life, you washed me in the Font of Baptism, and claimed me as your beloved child. Prepare me to be renewed and strengthened in the New Life you freely give me. Amen.

AT THE BREAKING OF THE BREAD:

As the priest prepares to break the bread:

You Christ are my hope and salvation. I love you! I pray that the power of your Passion, Death, Resurrection and Ascension may be made manifest to me, and to all Creation. Amen.

As the broken bread is lifted up:

My Lord and My God! The breaking of your Body releases the torrent of New Life. Pour down that Life upon all the world, that we all may be filled with the fullness of your love. Amen.

AS THE GIFTS OF GOD ARE PRESENTED:

Holy God, Holy and Mighty, Holy Immortal One, I give you thanks and praise for gifts you are offering me. Open my heart and mind to receive what you give. Amen.

AS YOU PREPARE TO RECEIVE THE EUCHARIST:

As you prepare to receive the Body of Christ:
Lord, you are really present in this Bread, in all your fullness. Come and abide within me, and through me with others. Amen

As you prepare to receive the Blood of Christ:
Lord, your sacrifice is present in this wine, with all its power. Wash away my sins and heal me that I may serve you all the days of my life. Amen.

AFTER RECEIVING THE EUCHARIST:

Almighty and Everliving God, through the Body and Blood of Christ you have united me to yourself, forgiven my sins and fed me with eternal life. I give you all my thanks and praise for these majestic gifts of your powerful love. Now, send me out into the world as a witness to that love. Amen.

