

Giving Thanks In The Eucharistic Prayers

Eucharistic Prayer 2, after the Consecration, uniquely thanks God for giving us the honour of serving him: "Giving thanks that you have held us worthy to be in your presence and minister to you".

Eucharistic Prayer 3, after the Consecration, specifically offers up Christ's sacrifice as an act of thanksgiving: "We offer you in thanksgiving this holy and living sacrifice".



Our Own Personal Thanks

The best time to give our personal thanks to God for his goodness is after we have received him in Holy Communion. Above all, this thanks is required because Our Lord has actually humbled himself by giving himself to us.

There is nothing greater he has done for us or given us while we are on Earth. It is a most wonderful part of the salvation that has been offered us by Jesus' death. Our immediate salvation consists in being offered the opportunity to follow Christ and choose God. Our ultimate salvation is being with God. But in the interim our salvation also means being united with Jesus, with his body and blood, through receiving the Eucharist. We must give repeated thanks for this great gift that we are so undeserving of.

Our thanks is also due for all the earthly goodness and gifts we have received. Thanks should even be given for any suffering we are undergoing. Does this make sense? How can we give thanks for suffering? It is true that no-one fully understands the meaning and purpose of suffering. However, suffering does give us the opportunity to show that our love of God is not superficial. Thanking God for our suffering, while simultaneously praying for its removal, is not a contradiction - even Jesus did this. Thanking God for our suffering is a very special way of showing that our trust in God is genuine, deep and sincere.

The Mass

"Do This In Memory of Me"

Reminding Ourselves of The Mass' Uniqueness and Beauty

6. The Mass as a Prayer of Thanksgiving



The Mass is the Most Important Part of the Church's Liturgy

The Liturgy consists of those public acts of worship that unite all Catholics together, all those living everywhere in the world as well as those who have died, the angels, the saints and Our Blessed Lady, in a truly magnificent Communion of Saints and, in turn, this Church of Christ becomes united with the Blessed Trinity of Father, Son and Holy Spirit

In the Mass we are, therefore, in the greatest sense possible on this earth, part of the Mystical Body of Christ

The Paschal events of Jesus' Last Supper, his Death and Resurrection are re-presented, as if we were actually present at the time of their historical occurrence. That is why the Mass is regarded as being sacrificial.

In the Mass, there is the real presence of Jesus

As we go to receive Holy Communion, we go to receive Our Lord Jesus within us. Therefore, approach him with the humility of love and fear, as if we were walking towards God for our own judgment.

The Structure of the Mass



Introductory Rites

Opening Antiphon
Greeting
Penitential Rite
Gloria
Opening Prayer 'Collect'

Prayer of Penance

Prepare to receive the Eucharist by asking forgiveness for our sins and by recognising that we are nothing before God without his love for us. Yet, if we are in a state of grace, because of God's love for us, we become everything.

Liturgy of the Word

OT/ Psalm/ NT
Gospel
Homily
Creed
Prayers of Faithful

Prayer of Petition

Scripture reminds us to have faith in God and to pray to him in total confidence. This does not mean our prayers are guaranteed to be answered in the way we want, but if we pray in humility, and are willing to accept God's Will, they will nevertheless be pleasing to him and a source of grace.

Liturgy of the Eucharist

Prayer over the Gifts
Preface
Eucharistic Prayer
Consecration
Eucharistic Prayer cont.

Prayer of Praise

Our first duty is to praise God for himself, without any ulterior motive of gaining something in return. This is perfect love and praise of God.

Communion Rite

Lord's Prayer
Sign of Peace
Breaking of Bread
Preparation for Communion
Communion Antiphon
Distribution of Communion
Prayer after Communion

Prayer of Thanksgiving

We must always thank God for what he has done for us, especially for the gift of himself in the Eucharist

Concluding Rite

Blessing
Dismissal

The Importance of Giving Thanks to God

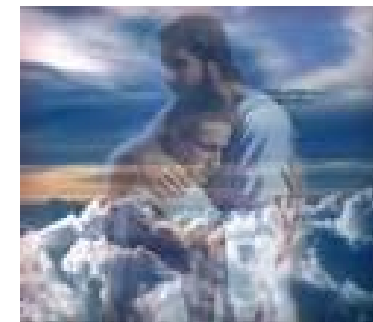
If we are honest with ourselves, all too often we forget to thank God for all the graces and good things we have received from him. Even after we have prayed earnestly for something that has been granted we are not always so swift to lavish thanks on God.



Yet, thanks should be the second inclination of our prayers after giving God praise and adoration. Even when our prayers do not seem to have been granted (at least not in the way we wished) we should show our humility and trust by giving thanks to God. Indeed prayers of thanks are appropriate every day, as they are a fitting way to worship God.

Thanksgiving in the Mass

It is noticeable in the Mass how many times thanksgiving is linked as a pair with either the praise or glory of God the Father.



The Gloria

In the 'Gloria' we pray: "We give you thanks for your great glory".

Giving Thanks In The Prefaces of the Eucharistic Prayers

The interchange between priest and community prior to all the Prefaces emphasise the importance of giving thanks: "Let us give thanks to the Lord our God - it is right and just".

The fixed **Preface of Eucharistic Prayer 4** begins: "It is truly right to give you thanks".

Every other Preface opens with a powerful emphasis on the need to give thanks: "It is truly right and just, our duty and our salvation, always and everywhere to give you thanks".