



## Family Wellness Ministry Reflection Preparation for Communion

*"When going to the Holy Mysteries, go with simplicity of heart, in full faith that you will receive the Lord within yourself, and with the proper reverence towards this."*

*-St. Theophan the Recluse*

*In our short Lenten series about prayer, one theme has been present. Preparation! In order to create family prayer rule, sacred space, or bedtime rhythm, we have to prepare to pray. In a similar way it is beneficial to us to prepare our hearts through prayer before receiving Communion.*

*Sunday mornings often feel rushed and harried; a mad dash to get out the door and to church on time! Sometimes, feels like the morning has gone by in a blur and suddenly we are swept along with the tide to the chalice containing God's gracious gift without even realizing how we got there! Not surprisingly, our beautiful Church has a remedy for this: Prayerful Preparation! In her wisdom, the Church invites to us prepare to celebrate the Eucharist on Sunday morning by attending a Saturday evening vespers, praying preparatory communion prayers, and asking for our family members' forgiveness before bed.*

*"Reaffirming our love for one another is perhaps the best way of preparing for sharing the Cup." - A Guide for the Domestic Church*

*"Saturday evening can be, as is intended, a time of anticipation and preparation. Attending vespers or orthros... reflecting on the scriptures, particularly the reading appointed for Sunday or reciting [communion] prayers in anticipation of receiving the Eucharist can easily be done at home. Some families light their icon lamps and incense the house as part of the evening prayers. Lamps are left lit and in this way our spirits are attuned to the coming of the King of All." - A Guide for the Domestic Church*

*Simple preparatory and vespers prayers can be found in the Communion Prayers section of most prayer books. Here is a website you can find many prayers in preparation for Communion. [https://www.orthodoxprayer.org/Communion\\_Prayers.html](https://www.orthodoxprayer.org/Communion_Prayers.html)*

*"The fruit of Communion most often has a taste of sweet peace in the heart."*

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