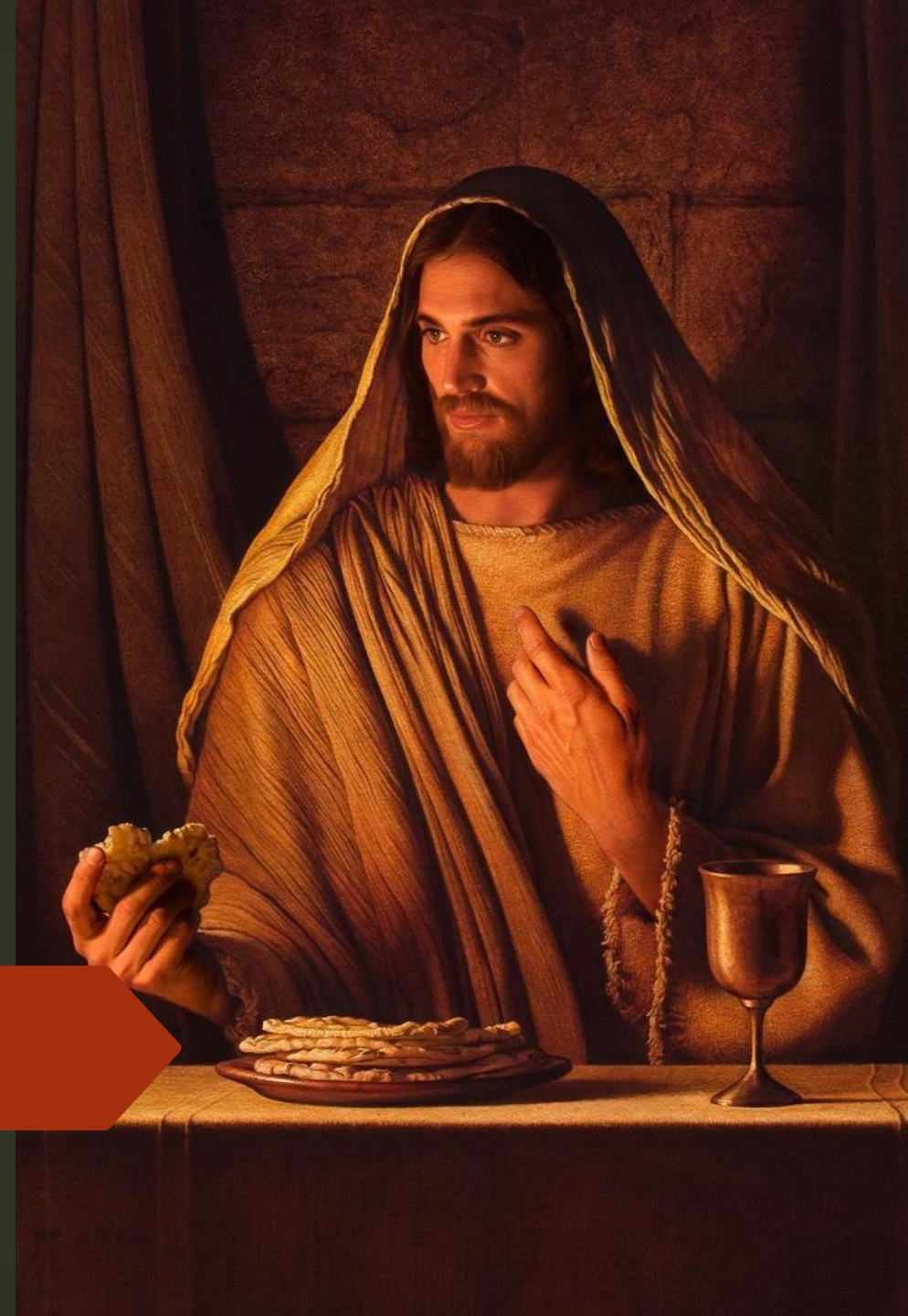


“I am the bread of life. He who comes to Me shall never hunger...” – John 6:35



Recap

► How to prepare for Communion?

1. Prepare with Prayer
2. Cultivating the Right Mindset
3. Repentance
4. Offering
5. Reconciliation
6. Honor Him and His Home





Maximizing the Benefits of Liturgy

3rd Sunday of Amshir



What are the benefits of Liturgy?

1. Unites us with Christ through the Eucharist

- ▶ “He who eats My flesh and drinks My blood abides in Me, and I in him.” (Jn. 6:56)
- ▶ The Eucharist gives us Life
- ▶ “Most assuredly, I say to you, unless you eat the flesh of the Son of Man and drink His blood, you have no life in you. 54 Whoever eats My flesh and drinks My blood has eternal life, and I will raise him up at the last day.” (Jn. 6:53-54)



What are the benefits of Liturgy?

2. United us to the Church

- “The bread which we break, is it not the communion of the body of Christ? For we, though many, are one bread and one body; for we all partake of that one bread.” (1 Cor. 10:16-17)

What are the benefits of Liturgy?

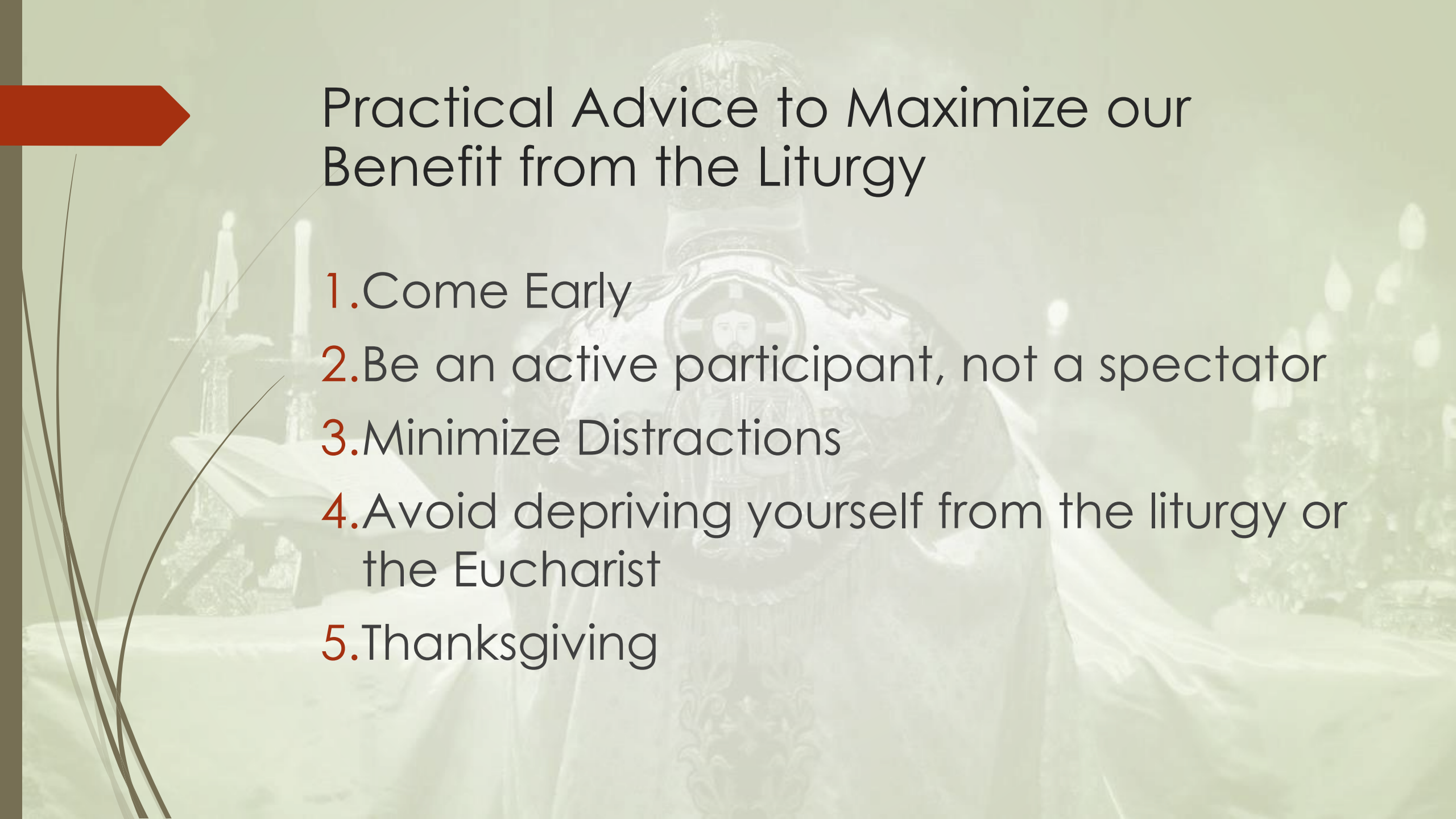
3. Our Sanctification

- ▶ *“We ask You, O Lord our God...that Your Holy Spirit may descend upon us and upon these gifts set forth, and purify them, change them, and manifest them as a sanctification of Your saints.”*
(Liturgy of St. Basil)

What are the benefits of Liturgy?

➤ 4. Remission of Sins

- Then He took the cup, and gave thanks, and gave it to them, saying, "Drink from it, all of you. 28 For this is My blood of the new covenant, which is shed for many for the remission of sins." (Matt. 26:27-28)
- "...given for us for salvation, remission of sins, and eternal life to those who partake of Him." (Liturgy of St. Basil)

A background image showing a priest in ornate vestments performing a liturgical rite at an altar. The priest is wearing a mitre and a cope, and is holding a book. The altar is covered with a white cloth and has several lit candles. The scene is dimly lit, with the light from the candles illuminating the priest and the altar.

Practical Advice to Maximize our Benefit from the Liturgy

1. Come Early
2. Be an active participant, not a spectator
3. Minimize Distractions
4. Avoid depriving yourself from the liturgy or the Eucharist
5. Thanksgiving

Summary

What is the benefit of liturgy?

1. Unites us with Christ through the Eucharist
2. United us to the Church (one another)
3. Our Sanctification
4. Remission of Sins

Practical Advise to Maximize our Benefit from the Liturgy

1. Come Early
2. Be an active participant, not a spectator
3. Minimize Distractions
4. Avoid depriving yourself from the liturgy or the Eucharist
5. Thanksgiving