

The Post-Communion Prayer
Rev. Rob Lewis 11.24.24

1. I Remember You!

2. Jesus, the Host and the Fire

“It is the descent of the Spirit as fire that effects the consecration of the Bread and the Wine.” (Sebastian Brock, *The Luminous Eye: The Spiritual World Vision of St Ephrem the Syrian* p. 22)

3. From the Cross to the Table: Binding and Healing

And so we pray:

Heavenly Father,

We thank you for feeding us with the spiritual food...

4. The Sending

The Eucharist is a binding meal and then a sending event. It sends us out to work in the world, to reorient and reintegrate the world around Christ, even as the same has happened to us around the table.

The post communion prayer continues:

“And now Father send us out to do the work you have given us to do...”

5. The Rhythm of the Eucharist

6. The Sacrifice – Jesus and Ours

The church is called “the place of sacrifice because the Eucharist itself is the sacrifice. The altar is thus an essential component of the celebration.” (Ignatius of Antioch)

Alexander Schmemmann: *For the Life of the World*

“And thus the offering to God of bread and wine...is our offering to Him of ourselves, of our life and of the whole world...It is our Eucharist. It is the movement that Adam failed to perform, and that in Christ has become the very life

of man: a *movement* of adoration and praise in which all joy and suffering, all beauty and all frustration, all hunger and all satisfaction are referred to their ultimate End and become finally *meaningful*. Yes, to be sure, it is sacrifice: but sacrifice is the most natural act of man, the very essence of his life. Man is a sacrificial being, because he finds his life in love, and love is sacrificial; it puts the value, the very meaning of life in the other and gives life to the other, and in this giving, in this sacrifice, finds the meaning and joy of life. (35)

From (The Book of Common Prayer: 1559 The Elizabethan Prayer Book, 370 “We eat the bread and drink the wine, the Body and Blood of Christ, whereby that mutual indwelling occurs, **a participation in** his sacrificial life and death, for which the only appropriate response is **self-offering** with Thanksgiving. Christ’s sacrifice inspires our **sacrificial service**.”

“...the prayer of consecration proceeds with the communion an integral part, the prayer flowing without interruption to the Prayer of Oblation or post communion Thanksgiving. The whole was a Holy Communion.” (Ibid. 370-371)

7. A Story of Sacrifice