We Save the Best for Last

Some people argue the most important word in the Mass is one of the last ones: Go! What we do at Mass is not meant to stay within the walls of the Church, but rather is to strengthen and encourage us to bring Christ into the world. In giving thanks to God, offering ourselves, and receiving Christ into our bodies and hearts, we are filled with grace and moved to bring the fruits of the Eucharist and Christ’s Paschal Mystery into effect: to embody Christ’s saving love and unity in order to build the Kingdom of God on earth.

The Constitution on the Sacred Liturgy describes it this way: “the renewal in the eucharist of the covenant between the Lord and his people draws the faithful into the compelling love of Christ and sets them on fire” (10). It continues to explain that, from the Eucharist, grace is poured forth so that men and women are made holy in Christ, and so that God is glorified. In this way, our liturgy is not only the summit, or pinnacle, toward which we live our lives, but also the font, or source, from which we get the strength and grace to do so.

ACTIVITY

St. Teresa of Avila (1515–1582) writes, “Christ has no body but yours, no hands, no feet on earth but yours . . . Yours are the feet with which he walks to do good, yours are the hands, with which he blesses all the world.” Each Sunday before Mass, reflect on how you have served as Christ’s hands or feet in the previous week. Give thanks for those who served as Christ to you. After Communion, ponder how you might be able to serve as Christ’s hands and feet in the coming week, and identify one way in which you will commit to doing so. Ask God to give you the grace and strength to do it.