

Communion Blessing

NOTE: This blessing or prayer at Communion is a local custom at some parishes and is not a required element of the liturgy.

At some churches, those not receiving Communion can receive a blessing or prayer from the priest, deacon, or Extraordinary Minister of Holy Communion. There are three main times when this is used:



1. When non-Catholics go to Mass with you, this can be an opportunity for them to get involved. They are not in full communion with what the Catholic Church teaches, but may be comfortable receiving a blessing such as, “May the Lord bless you with His love and Presence.”
2. For those who have not yet celebrated their first Holy Communion, it is an opportunity to receive a prayer such as, “Receive Jesus in your heart.”
3. If you have committed a serious sin and have not had the opportunity to receive the sacrament of Reconciliation, or have not fasted for at least one hour, you should not receive the Eucharist. (See CCC 1415.) You could go forward for this blessing instead.

To receive a blessing, get in line with the other people going forward for Communion. Cross your arms in front of your chest with your hands touching the opposite shoulders. The priest or deacon will give you a blessing, or the Extraordinary Minister of Holy Communion will pray a very short prayer for you. After you receive it, say, “Amen,” and then go back to your pew to kneel down and pray.