

Series on the Mass, Part 50: The Pater Noster, Part 1

February 14, 2021

The introduction prayer of the Our Father reminds us that it is our Lord Who taught us this beautiful prayer and He instructed us to say it. Armed with His command and having our Lord present in front of us on the altar, the priest recites out loud the Pater Noster. This part of the Mass is a natural location for the prayer since, in it, we ask the Father to “give us this day our daily bread” and also to “forgive us our trespasses”. We need the Bread of Life to sustain us, but a preliminary condition is to have our sins forgiven.

Pope St. Pius X in 1905 approved a document concerning frequent Holy Communion: *Sacra Tridentia, On Frequent and Daily Reception of Holy Communion*. In it are given the dispositions needed for receiving frequent Holy Communion and it is well worth looking up and reading. In the context of the Our Father, it says the following: “we are bidden in the Lord's Prayer to ask for 'our daily bread' by which words, the holy Fathers of the Church all but unanimously teach, must be understood not so much that material bread which is the support of the body as the Eucharistic bread which ought to be our daily food.” It is in this context and preparation for receiving our Lord that we should devoutly pray this prayer in our hearts to ask for the necessary dispositions for receiving our Lord in Holy Communion.

Sincerely in Christ,

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