

RECEIVING THE BODY AND BLOOD OF CHRIST



- Walk with hands folded in prayer position
- Bow your head when you are next to receive
- When you reach the priest holding the vessel, have your hands ready - left on top of right (unless left-handed), both hands facing up and high enough for the priest or minister to see them.
- Priest will say "The Body of Christ"
- You respond, "Amen" clearly and loud enough that the priest can hear you
- Priest will place the Body of Christ in your top hand;
- With your right hand, take the Body of Christ from your left hand and place in your mouth (Chew and walk to the cup)



- Walk with hands folded in prayer to the Eucharistic Minister holding the cup,
- Bow your head when you are next to receive
- The Eucharistic Minister will say "The Blood of Christ"
- You respond, "Amen" clearly and loud enough that the Eucharistic Minister can hear you
- The Eucharistic Minister will hand you the cup
- Take a small sip of the Blood of Christ, Swallow, and hand the cup back *carefully* then walk back to your seat and kneel and pray

When walking toward the altar to receive Jesus we should be asking Him to help us be ready to receive Him and focusing our hearts on the joy of receiving Him.

When we are walking back to our pew, and once kneeling at our pew, the prayers after we have received Jesus in the Eucharist should be that of gratitude and praise.