

# THANKSGIVING AFTER COMMUNION

## Sacrifice

1. There is a difference between receiving Communion and making communion. Receiving Communion is going through the line and receiving the consecrated host. Making communion means having a real and intimate relationship with God. Oftentimes we observe people hurry out of Mass after receiving Communion instead of spending time with him in order to make a real communion. It would be like having invited an important guest to your house and after all the cleaning and preparations, he finally arrives and you get up and leave, because you have groceries to buy or laundry to wash.
2. St. Augustine speaks of receiving the Eucharist like the assimilation of food. What is the stronger, you or a piece of steak? If you eat a big, juicy steak, the steak will be broken up and transformed into nutrients for you. You are the stronger, so the steak becomes part of you. Now, who is the stronger between you and the Eucharist? Because the Eucharist is God, it is dissolved in you but instead of it becoming part of you, you become part of Jesus, transformed into his divine image.
3. In this time of transformation after receiving the Eucharist, you can ask Jesus to give you the grace to transform your thoughts into his, your will in accordance to his, your actions to his actions.
4. The time after you receive the Eucharist is the most intimate time with God that we can have on this earth. The fathers of the Church call the altar the wedding bed because on it, Jesus gives his life for his spouse, the Church. So after receiving the Eucharist we are immersed in the marital embrace of Jesus.
5. In the ten minutes of your thanksgiving it is not necessary to feel anything special. It is like sunbathing. Just **be** there in his presence and even if you don't feel a thing, you will change color and be transformed by him. No special thoughts or feelings are necessary; you can just rest in him, like John rested his head on Jesus' heart at the Last Supper.