

## **Receive From The Table Of The Word**

### **KNOW YOUR FAITH SERIES**

You may have heard the expression that at Mass we receive spiritual food from two Tables: from the Table of the WORD and from the Table of the EUCHARIST.

After praying the COLLECT we approach the Table of the WORD.

From this Table God feeds us His WORD when He speaks His WORD, and gradually REVEALS Himself, REMOVES the veil “from His Face” and allows Himself to be KNOWN.

We read in the Letter to the Hebrews: “Long ago God spoke to our ancestors in many and various ways through the Prophets, but in these last days He has spoken to us in the person of His Son...”(Hebrews 1:1-2).

From the proclamation of the First Reading, we learn our own history, the history of our Salvation: how God gradually revealed Himself to our ancestors, and formed Israel, a people from whom Salvation would in time extend to the whole world.

In the proclamation of the Second Reading, the Apostles continue to form God’s people, the new Israel, through their writings and their application to our concrete life situations.

In the proclamation of the GOSPEL, Jesus Himself speaks the WORD of God, which the ancient Prophets and Patriarchs awaited and had announced!

JESUS is the WORD who reveals that GOD is LOVE, and that He has come to HEAL and RECONCILE the fallen humanity to Himself.

Gratefully and joyfully people respond after each Reading “THANKS BE TO GOD” and “PRAISE TO YOU LORD, JESUS CHRIST”.

After the proclamation of the WORD, the homily exhorts and encourages the Christian community to follow Jesus as His disciples, to live united to Him by observing His commandments, and to be witnesses of the Gospel in the world.

Recapping... We may compare LISTENING attentively to the READINGS as going through the MENU. WELCOMING the WORD in our mind and hearts, as well as CONFRONTING ourselves with the WORD and allowing it to CHANGE our life around, may be compared to having our food SERVED.

Therefore, at the TABLE of the WORD we receive HOLY COMMUNION under the form of the WORD of GOD, SPOKEN, PROCLAIMED and DELIVERED.

As we chew, absorb and assimilate the WORD, we are NOW READY to approach the Second TABLE.

**ARE YOU HUNGRY FOR HIM?**