

Immersion in God's Love: Reflecting on Holy Communion through Audio Divina

1. Read (or listen to) the lyrics of St. Thomas Aquinas' Eucharistic hymn "Adoro Te Devote":

Godhead here in hiding whom I do adore
Masked by these bare shadows, shape and nothing more.
See, Lord, at thy service low lies here a heart
Lost, all lost in wonder at the God thou art.

Seeing, touching, tasting are in thee deceived;
How says trusty hearing? that shall be believed;
What God's Son has told me, take for truth I do;
Truth himself speaks truly or there's nothing true.

On the cross thy godhead made no sign to men;
Here thy very manhood steals from human ken:
Both are my confession, both are my belief,
And I pray the prayer made by the dying thief.

I am not like Thomas, wounds I cannot see,
But I plainly call thee Lord and God as he:
This faith each day deeper be my holding of,
Daily make me harder hope and dearer love.

O thou, our reminder of the Crucified,
Living Bread, the life of us for whom he died,
Lend this life to me, then; feed and feast my mind,
There be thou the sweetness man was meant to find.

Like what tender tales tell of the Pelican,
Bathe me, Jesus Lord, in what thy bosom ran--
Blood that but one drop of has the pow'r to win
All the world forgiveness of its world of sin.

Jesus whom I look at shrouded here below,
I beseech thee, send me what I thirst for so,
Some day to gaze on thee face to face in light
And be blest forever with thy glory's sight.

2. Meditate on the lyrics you just read. Write down your impressions, using the following prompts to guide you:

- What kind of imagery does St. Thomas Aquinas use to describe the Holy Eucharist? What most resonated with you, and why? What is the effect of his language?

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- What does St. Thomas Aquinas teach us about how we should approach the sacrament of the Holy Eucharist?
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- How does this song make you feel? How does your experience of listening to the song affect your response? What emotions arise when hearing the song chanted? What musical/lyrical choices would you make if you were to write a song about the Holy Eucharist, and why?
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3. Pray in response to the passage you read, offering God your meditations on it. You may use the following prompts to inspire your prayer:

- a. If you have not yet made your First Holy Communion, ask the Holy Spirit to inspire the good works you do to prepare for First Holy Communion.
 - b. If you have made the sacrament of First Holy Communion, ask the Holy Spirit to inspire the good works you do to prepare for future receptions of Holy Communion, and renew the graces of the sacrament of Holy Communion.
 - c. Ask God to enlighten your mind with understanding of what you have read/listened to, and to guide your contemplation, so that you may know how He is leading you to use what you have learned.
 - d. Write down your prayer below:
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4. Contemplate what God has spoken into your heart through prayer.

- a. If you have not already made the sacrament of First Holy Communion, how is God leading you to prepare for it? What would He have you do to deepen your spiritual life at this time?
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- b.** If you have made the sacrament of First Holy Communion, how is God leading you to prepare for your future receptions of Holy Communion? How would He have you use the graces you received at Holy Communion?

- c.** What does Holy Communion mean to you? How would you share this with others, especially those who have not yet received their First Holy Communion?
