



Excerpt from *Christ Our Pascha*

The Liturgy of the Presanctified Gifts

The penitential character of the Liturgy of the Presanctified Gifts is seen in the singing of the verse “Let my prayer rise like incense before you,” which culminates with great prostrations. We also kneel during the solemn transfer of the Gifts from the Preparation Table to the Holy Table - the gifts that are already the very Body and Blood of Christ. The penitential and fasting character of this Liturgy expresses the expectation of the Paschal fullness. The reception of Holy Communion also strengthens the faithful spiritually as they walk the way of repentance and fasting. (#402)