

Worthy Reception of the Eucharist

Who may receive the Eucharist?

Practicing Catholics, properly disposed, and in a state of grace.

+++

Practicing Catholics:

Baptized, received First Confession and First Communion,
attends Mass every Sunday and Holy Day (excluding sickness),
and goes to Confession and receives Communion *at least* once a year.

+++

Properly disposed:

Has fasted from food and drink (except water) for 1 hour before
receiving Communion. (Medical reasons exempt.)

+++

In a state of grace:

Has gone to Confession to confess any mortal sins
before receiving the Eucharist

+++

Regarding mortal sins:

They separate us from God's grace, putting our souls
into mortal danger, when committed knowingly and willingly.
We need to confess them right away in Confession. God is eager to forgive us.

They include:

Unworthily receiving the Eucharist ~ Missing Mass on Sunday or a Holy Day
Over-drinking/drugs ~ Pornography ~ Sex outside of marriage
Breaking any of the 10 Commandments

+++

Paragraphs from the Catechism of the Catholic Church (CCC):

1382-89, 1415, 1417, 1446, 1472-73, 1954-60, 2041-46