The Centurion's Prayer

Lord, I am not worthy that you should enter under my roof, but only say the word and my soul shall be healed.



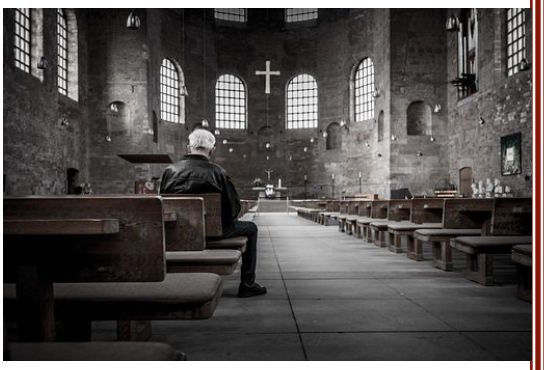
During Mass, after the bread and wine are consecrated into Jesus' Body and Blood, but before we receive our Lord Jesus Christ, we say this prayer of humility, of faith, and trust in God. It is taken from the centurion's encounter with Jesus.

In the Gospel of Matthew, 8:5-13, the centurion asks Jesus to cure his serving boy who is sick at home and Jesus' willing response:

> As he [Jesus] entered Capernaum, a centurion came forward to him, begging him, and saying, "Lord, my servant is lying paralyzed at home, in terrible distress." And he said to him, "I will come and heal him."

But in an unexpected response, the centurion says,

> "Lord, I am not worthy to have you come under my roof; but only say the word, and my servant will be healed. For I am a man under authority, with soldiers under me; and I say to one, 'Go,' and he goes, and to another, 'Come,' and he comes, and to my slave, 'Do this,' and he does it."

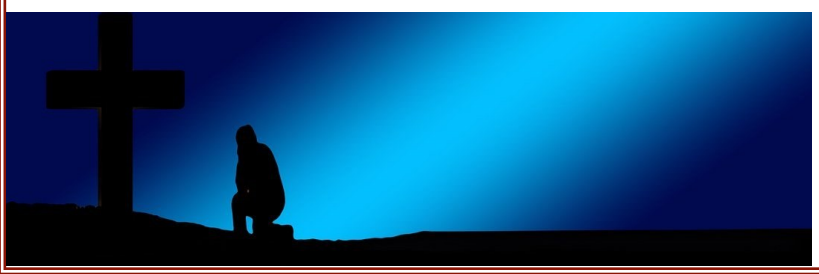


The centurion, a Roman military commander in charge of one hundred soldiers, understood that a Jew could not enter the home of a Gentile without becoming ritually impure. Therefore, he did not invite Jesus to come into his home to heal his servant. He had faith, however, that Christ's authority over sickness and death was as certain as his own authority over the soldier under his command.

Jesus understands:

> Jesus heard him, he marveled, and said to those who followed him, "Truly, I say to you, not even in Israel have I found such faith... And to the centurion Jesus said, "Go; let it be done for you as you have believed." And the servant was healed at that very moment.

This is the faith with which we need to approach Jesus in every aspect of our lives, not just when we receive Holy Communion, but every day of our lives. Jesus is ready to act to help us. He is ready to see our faith in him manifested in our words and in our actions.



Adapted from: https://blessedcatholicmom.com/lord-i-am-not-worthy/ ; The Didache Bible