



# The Northeast American Diocese of the Malankara Orthodox Syrian Church

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## How To Show Respect For Holy Qurbana (Holy Eucharist)

Mathews Mar Barnabas Metropolitan

Considering the purposes in conducting Holy Qurbana, we have to show respect for it through proper preparation. There are two purposes in conducting Holy Qurbana:

- 1) To renew the indwelling of our Lord in us. Our Lord said “He who eats my flesh and drinks my blood, abides in me, and I in him.” (St. John 6:56)
- 2) To renew our covenant with the Lord. “And he took a cup and when he had given thanks, he gave it to them saying: Drink of it all of you; for this is my blood of the covenant, which is poured out for many, for the forgiveness of sins.” (St. Matt. 26: 27, 28)

Hence due respect is to be given to Holy Qurbana, by refraining from sexual union as a preparation for Holy Qurbana. Some say that sexual union is not a sin for married people and so we can have it before receiving Holy Qurbana. This is not correct.

From Old Testament times, holy bread was given only to those who refrained from sexual union. See I Sam. 21:3-4. David asked the priest for bread and the priest replied that there was only holy bread which could be eaten by those who were free from sexual union. No doubt, this meant that respect for holy bread is to be showed by refraining from sexual union.