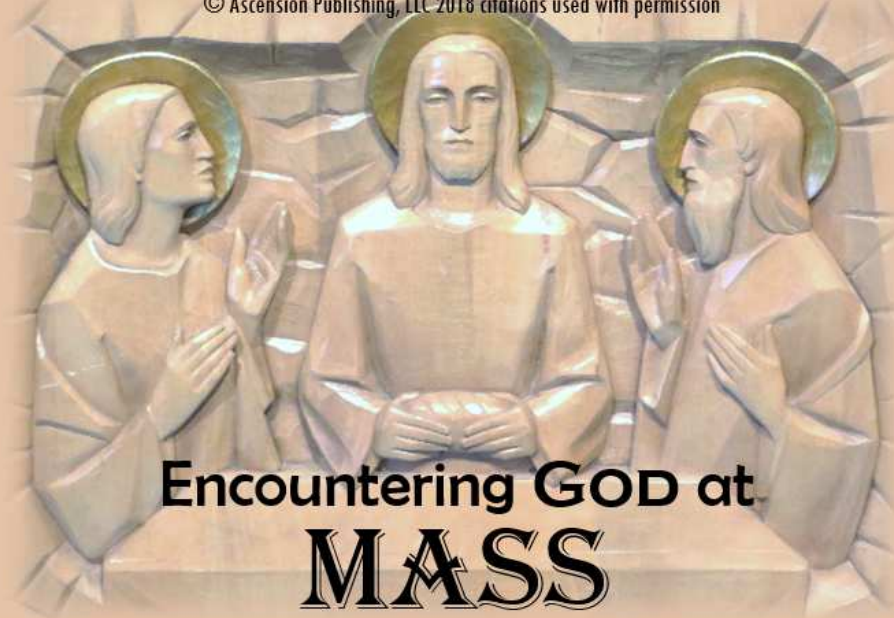


Excellent Book & Major Resource: A Biblical Walk Through the Mass By Edward Sri
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Encountering GOD at **MASS**

By Melissa Kirking



As you **ENTER THE CHURCH**, picture yourself entering the **Upper Room** and joining **Jesus and the apostles.**¹



THE SIGN OF THE CROSS

Let The **Sign of the Cross** take in your whole being:
your body, soul, mind, will, thoughts, and feelings.²
Strap on your protective, heavenly armor from God.

THE LORD BE WITH YOU

Recognize the deep
reality of **GOD'S**
LIFE DWELLING
within your soul by
the goodness of your
Baptism!



Remember that you
do **GOD'S** will **not**
by your own strength
or expertise, but
because of **God's**
Presence within you!

! **Trust** that **God's** strength will make up for *whatever in you is lacking.*⁶



THE PENITENTIAL ACT

CLEAN YOUR SOUL BY CONSIDERING:

- Your thoughts (Have they been focused on what is good?)
- Your words (Have they spoken good, not evil?)
- What you have done (Have my actions hurt others or my relationship with God?)
- What you have failed to do (Did I fail to do good when I should have?)

Close your eyes and picture standing at the
FOOT OF THE CROSS.
 Look up into Jesus' eyes, even though you have hurt Him,
 His eyes are still **full of love for you.**



THE KYRIE

Lord, have mercy
 Christ, have mercy
 Lord, have mercy

Place in His loving hands your sufferings. Trust in the God's ability to help you.

THE GLORIA

The Gloria is a pilgrimage of sorts starting at Jesus' birth.



Mentally place yourself standing in the shepherds' fields.
Or
Gaze at baby Jesus laying in the manger.



“REMEMBER AT THIS INSTANT HOW GOOD OUR GOD IS!”⁸

LITURGY OF THE WORD

ACTIVELY LISTEN.

Ask the **Holy Spirit** to speak through the scripture verses with a word of instruction, insight, understanding, or healing for you.⁹





RESPONSORIAL PSALM

Joyfully repeat
the Responsorial Psalm.

Yes! That's right! I agree with you!¹⁰



GOSPEL : THREE SMALL SIGNS OF CROSS

Make the motion with purpose.

Ask God to help you live the Gospel message more deeply.

Ask God to guide your thoughts about everything and everyone.

Ask God to guide the choices you need to make daily.

Ask God to guide the words that come out of your mouth.

Silence after the Readings: Sit in awe and adoration of our God who just spoke to you!¹¹

THE CREED

Focus on the words of **THE CREED**.

Walk through *the truth* of Scripture.

Be mindful that at the end of your life, you will stand before **Jesus as judge** and all *your life choices* will be looked at by God.¹²

Ask yourselves:

Who is at the center of my life?

Whom do I place my trust?

Do I truly seek God's will or my will first?

Do I trust my cares to Him?¹³



PRAYER OF THE FAITHFUL

Develop your desire to **pray** for others.

“Respond with the heart and mind of Jesus by **praying for the needs** of the **CHURCH** and the **WORLD.**”¹⁴





PREPARATION OF GIFTS

The bread and wine represent you giving your “entire life to God in the offering.”¹⁵

Picture walking up to **JESUS** waiting at the altar.
 PLACE YOUR WHOLE LIFE IN HIS HANDS — THE
 GOOD, THE BAD, THE HAPPY, THE MESSY.

MIXING OF WATER AND WINE



Recall the mystery of God becoming man.

The **wine** symbolizes **Christ's divinity**, His Godship. The **water** symbolizes **our humanity**.¹⁶



The Priest's Prayer:

“By the mystery of this water and wine may we come to share in the divinity of Christ, who humbled himself to share in our humanity.”



PRAYER OVER THE OFFERING

“Pray, brothers and sisters,
that my **SACRIFICE**
and yours may be
acceptable to God, the
almighty Father.”



We recall that the
SACRIFICE the
priest is talking
about is the
PEOPLE at Mass.¹⁷

“**God, may I be accepted by You?**”¹⁸

“LIFT UP YOUR HEARTS.”

Remember:

To set all other worry aside.
To leave all earthly concerns behind
To focus your will, emotions, and your
hearts on what is happening at Mass.¹⁹



PICTURE your heart, your soul, ASCENDING TO HEAVEN.



“LET US GIVE THANKS TO THE LORD OUR GOD”
 “IT IS RIGHT AND JUST”

Recognize in this moment all that
 you have to be **thankful** for.



THE SANCTUS

Join the thousands of angels, your own personal guardian angel, the Virgin Mary, and all the saints in their joyful song of praise.”

“HOLY, HOLY, HOLY LORD GOD OF HOSTS

.....

HOSANNA IN THE HIGHEST.”

Imagine the beauty of this song in heaven and around us.

Sing strong in praise of the one who made you!

AS WE SAY THE LAST **HOSANNA**, “WE FALL TO OUR KNEES IN REVERENCE!”²¹



EPICLESIS

Watch the priest place his hands over the bread and wine.

Focus on the priest praying that God, "the Father **SEND THE HOLY SPIRIT** so that the gifts of bread and wine be **changed** into the **Body and Blood** of our Lord." "



WORDS OF CONSECRATION

Imagine hearing Jesus for the first time at the Last Supper.

**"Take this, all of you,
and eat of it"**

AND

**"Take this, all of you,
and drink from it"**



The bells tell us,
**"Look! Look!
Here He is!"**



At the very second of **CONSECRATION**, the thousands of angels and saints surrounding us at Mass go down on their knees to glorify Jesus.



THE MYSTERY OF FAITH



Join the priest in his “**wonder and awe over the mystery taking place**”²³: the bread and wine becoming the **BODY, BLOOD, SOUL AND DIVINITY** of Jesus.



GREAT AMEN

RESPOND with the angels and saints: “**AMEN!**”
MEANING: “Yes! May the Lord be blessed and honored forever!”²⁴



OUR FATHER

RECOGNIZE the privilege to be able to **talk to God** in this way.²⁵

APPRECIATE your loving, close, and faithful **relationship with God** because of Jesus' work of **salvation**.²⁶

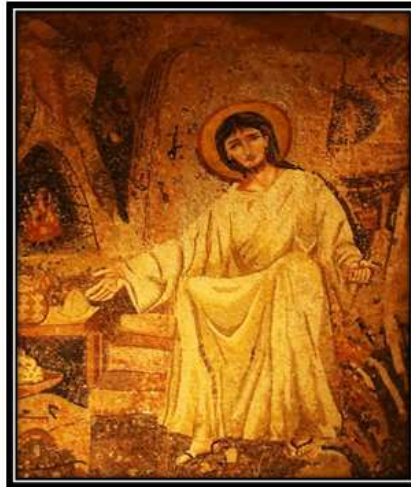


RITE OF PEACE

Take a **moment** to close your eyes and feel **Jesus** cover you with a **deep, long lasting peace**.²⁷

FRACTION: BREAKING OF BREAD

PICTURE
yourself standing
with Jesus
and His disciples
at the start of
the **meal**.



PICTURE
Jesus
breaking the
bread and
SHARING
IT with you.



COMMINGLING



Watch the priest place a **small piece**
of the **HOST** into the **CHALICE OF**
WINE.

Call to mind the **REUNION** of Christ's
Body and Blood in **His**
Resurrection.²⁸



“LAMB OF GOD” takes you “right up to **GOD’S THRONE!**”²⁹

Listen with your faith ears.

*Join the chorus of heaven and earth in worshipping
Jesus, the Lamb.*³⁰



“LORD, I AM NOT WORTHY. . . ”

Recognize your complete unworthiness to receive our Lord,

but

*show your confidence that Jesus calls you and can HEAL you.*³¹



As you walk to **COMMUNION**, give your full, undivided attention to Jesus.
Ask Jesus to make your heart ready to welcome His.



As the Eucharist is placed in your hands:

Recall Mary who once "had to receive the broken body of Christ from the cross into her arms."³²

or

The two disciples recognizing Jesus when "he took bread, said the blessing, broke it, and gave it to them."³³

Look at awe in your hands and ponder Who you are placing in your mouth.



IN THE MOMENTS AFTER HOLY COMMUNION

IN THE MOMENTS AFTER HOLY COMMUNION, **Jesus** is especially present in **your soul**.³³

FEEL His Presence radiating out of you.

YOU, yourself, are **A LIVING TABERNACLE**.
Feel that **unity with Jesus**.

TASTE the Communion **you hope** to have with Jesus **for all eternity**.³⁴





BLESSING

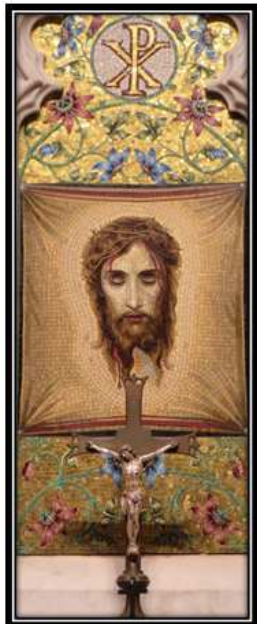
Listen for the names of *each person* of the TRINITY.

Watch the priest make **The Sign of the Cross** over the congregation.



DISMISSAL

Carry the **Good News of Jesus** to the world through **your** actions and words.



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Images: Melissa Kirking