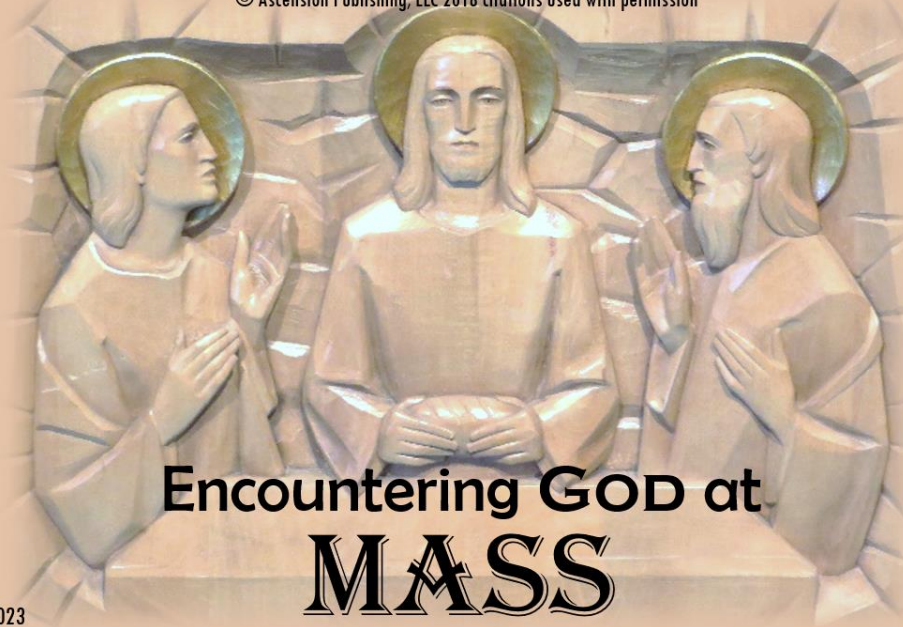


Excellent Book & Major Resource: *A Biblical Walk Through the Mass* by Edward Sri

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Encountering GOD at MASS

Expanded & Updated 2023

By Melissa Kirking

ENTER THE CHURCH

2

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



Feel excitement! You will: (1) Truly **hear God talk** to you! (2) Be where **heaven and earth meet!** (3) See without a doubt **Jesus in the Eucharist!**



ENTER YOUR PEW

Before you **ENTER YOUR PEW**, stop to slowly and thoughtfully **genuflect** to show **JESUS** you respect and love Him and know that He is **YOUR KING**.

Be sure that your **right knee touches the ground and stays there** for a moment or two.

While on your knee, look at the Tabernacle which holds **JESUS IN THE EUCHARIST**. Tell **JESUS** hello.

KNEEL IN YOUR PEW

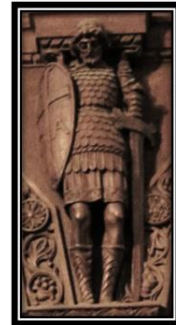
KNEEL IN YOUR PEW for a **couple of minutes** to pray to **JESUS**.



When you **PRAY, talk and listen** to **GOD**, you come to trust **HIM more and more** with your mind, your heart, and your soul.

THE SIGN OF THE CROSS

5



As you make **THE SIGN OF THE CROSS** at the start of **MASS**, let the hand motions **cover your whole body, soul, mind, will, thoughts, and feelings.**²

Know that **THE SIGN OF THE CROSS** **protects your soul**

Strap on your **protective, heavenly armor** from **God.**³

THE LORD BE WITH YOU

6

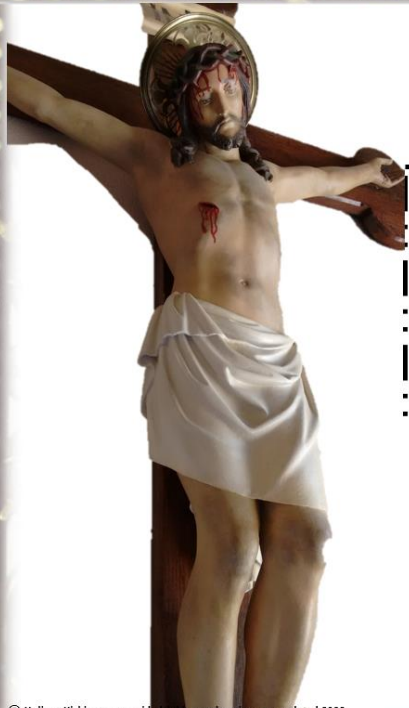
Ask, "God may your presence continue to grow within me."

Know the truth that **GOD** is in your soul & has been since you became **HIS CHILD** at your **Baptism.**⁴



Remember that you do **GOD'S** will **not** because you are strong or know a lot, but **because** of **God's Presence** within you.⁵

Trust that **God's grace** is in your heart & soul. His strength & grace are the reason why you **can** do good things & avoid sin.⁶



THE PENITENTIAL ACT (I CONFESS)

CLEAN YOUR SOUL FROM SIN BY THINKING

ABOUT:

- Your thoughts (Have you thought about good & holy things?)
- Your words (Have you spoken words of love & kindness, not words of hurt or anger?)
- What you have done (Have my actions hurt someone or my friendship with God?)
- What you have failed to do (Did I choose not to do good when I should have done good?)

Close your eyes. Picture standing at the
FOOT OF THE CROSS.

Tell Jesus, **"I am sorry, very sorry, so very sorry for hurting You."**

Look up into **Jesus' eyes**, even though you have hurt **Him**, His eyes are still **full of so much love for YOU.**



THE KYRIE

**"Lord, have mercy
Christ, have mercy
Lord, have mercy"**

**Lord, show me Your love, kindness,
& forgiveness.**

Place in Jesus' loving hands the things that cause you sadness, worry, & problems. Trust that God will help you.

THE GLORIA

THE GLORIA is like a **holy journey starting at Jesus' birth** leading to the **knowledge** that Jesus is **THE Holy One**.



Imagine that you are standing in the **field outside Jerusalem with the shepherds** and sheep as angels appear in the sky to announce Jesus' birth. Can you hear the angels in your mind?

OR

Imagine standing at the **Nativity looking at baby Jesus**, your God, laying in the hay. Can you see that He is the Holy One?



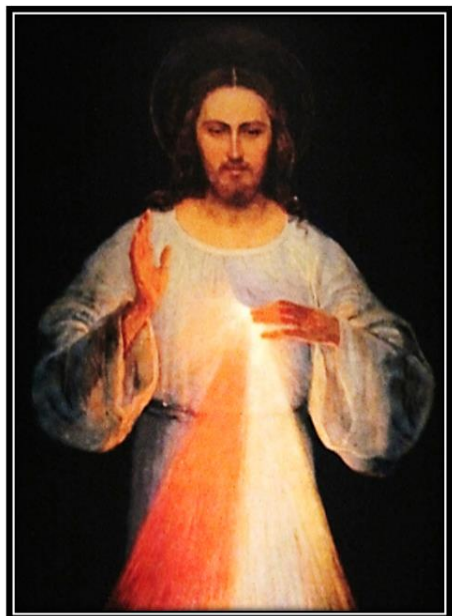
REMEMBER AT THIS VERY MINUTE HOW GOOD OUR GOD IS!⁸

LITURGY OF THE WORD

LISTEN VERY CAREFULLY TO ALL THE READINGS.

Ask the **Holy Spirit** to talk to you through the words of scripture with some **advice, help, guidance, or ideas.**





RESPONSORIAL PSALM

Joyfully repeat
the **RESPONSORIAL PSALM**
aloud.

Think:
Yes! **Those words are right!**
I AGREE!



GOSPEL

CAREFULLY & THOUGHTFULLY MAKE THREE SMALL CROSSES.

1. With the cross on your forehead:

Ask God to guide your thoughts about everything and everyone.

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

2. With the cross on your lips:

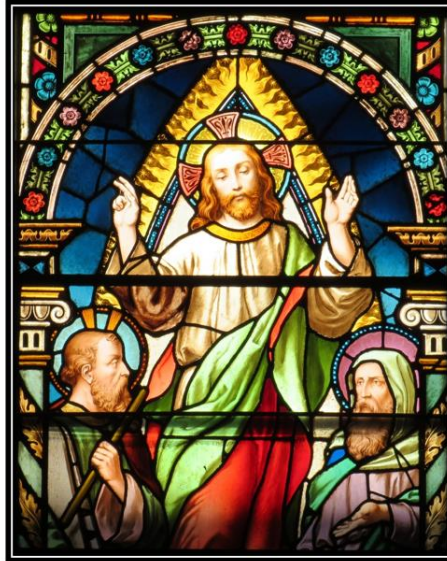
Ask God to guide the words that come out of your mouth.

3. With the cross on your heart:

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

SILENCE AFTER THE GOSPEL

Sit in love, wonder, and amazement that **GOD, THE CREATOR OF ALL**, just spoke to you in the words of Scripture.¹⁰



Think about any of the **scripture words** that **touched your HEART** or gave you **HELP**.

THE CREED



Pay close attention to each words in **THE CREED**.
Say the words to remind yourself what Catholics believe in.

It tells the truth found in Scripture.

Remember that at the end of your life, you will stand before **Jesus as judge**. Everything you have done and said will be **LOOKED AT BY GOD TO SEE IF IT SHOWED LOVE AND HELPED OTHERS.**¹¹

Ask yourselves:

- Is Jesus at the center of my life?
- Do I place my trust in God?
- Do I seek God's will or my own will first?
- Do I trust God with my cares?¹²



PRAYER OF THE FAITHFUL

Grow in your desire and habit to **pray** for others, even those you don't know, by praying for the needs of the **Church** and the **world**.

Say, "**Lord, hear our prayer,**" with love and care like **JESUS**.¹³



Add your own **intercession** or **petition** during the **QUIET MOMENT** at the end.

PREPARATION OF GIFTS



The offered **bread and wine** remind you to give your "**entire life to God in the offering.**"¹⁴

IMAGINE yourself walking down the aisle to **JESUS WAITING FOR YOU** at the **ALTAR**.

Then **IMAGINE JESUS OPENING HIS HANDS TO YOU**. You put everything happening in your life **INTO HIS HANDS** – ALL THE GOOD, BAD, HAPPY, SAD, JOYS AND WORRIES.

MIXING OF WATER AND WINE



Think about the **mystery** of **JESUS** becoming **FULLY MAN** while still being **FULLY GOD**.

See the wine and remember Jesus' divinity, that **He is God**.

See the water and remember **your own humanness**.¹⁵



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

The Priest's Prayer:
 "Pray, brothers and sisters, that my **SACRIFICE** and yours may be **acceptable to God, the almighty Father.**"



Know that the **SACRIFICE, THE OFFERING**, which the priest is talking about is all the **people at Mass** including you.¹⁶

! Ask: "God, may I be accepted by You?"¹⁷ His answer is Yes! !

“LIFT UP YOUR HEARTS.”

**At this very moment,
remember to:**

- Set all your worries aside.
- Leave all your earthly concerns behind
- Focus your will, emotions, and your hearts on what is happening at Mass.¹⁸



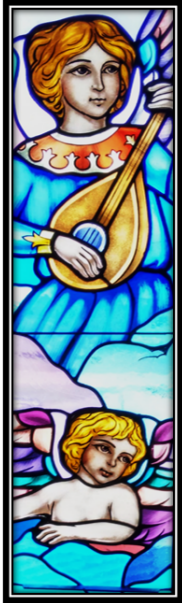
**AS YOU LIFT UP YOUR HANDS, PICTURE your heart,
your soul, ASCENDING TO HEAVEN.**



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

Think about all the blessings in your life. ✦ Name them in your mind.

BE THANKFUL to GOD for it all!



THE SANCTUS

Join your voice with the people at Mass, **thousands of angels**, your own personal guardian angel, the **VIRGIN MARY**, and all the **saints in heaven** in their joyful hymn of praise.¹⁹

“**HOLY, HOLY, HOLY LORD GOD OF HOSTS**

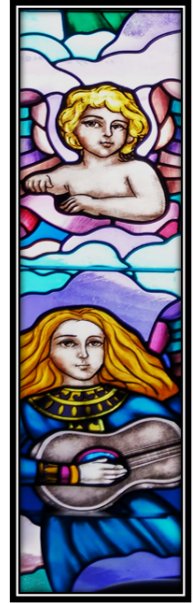
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HOSANNA IN THE HIGHEST.”

Hear the beauty of this hymn all around you at Mass.

Imagine the powerful sound in heaven when sung by the angels and saints.

Sing strong in praise of the one you made you!



As you say the last **HOSANNA**, **FALL to your knees** in **AWE, RESPECT**, and **LOVE** for God!²⁰



EPICLESIS

Watch carefully for the priest to **place his hands** over the bread and wine.

Listen to the priest pray that God, the Father, **SEND THE HOLY SPIRIT** so that the gifts of bread and wine can be **changed** into the **Body and Blood** of our Lord, Jesus²¹

The bread is now Jesus!



The wine is now Jesus!

WORDS OF CONSECRATION



Imagine you are with Jesus and his disciples at the Last Supper.

You hear Him say for the first time:

**“Take this, all of you,
and eat of it”**

AND

**“Take this, all of you,
and drink from it”**



Listen for the bells to
announce, **“Look!
Look! Here
He is!”**

At this very second,
thousands of angels and saints,
who invisibly surround you at
Mass, **go down on their knees
to give glory to JESUS.**

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THE MYSTERY OF FAITH



Join the priest in his **amazement** over **THE MYSTERY**
that just took place on the altar.

Even though the **bread and wine** still look like bread and wine,
KNOW that when you **look with faith made strong by the Holy
Spirit**, they have become **JESUS**, his **BODY, BLOOD, SOUL AND
DIVINITY OF JESUS!**



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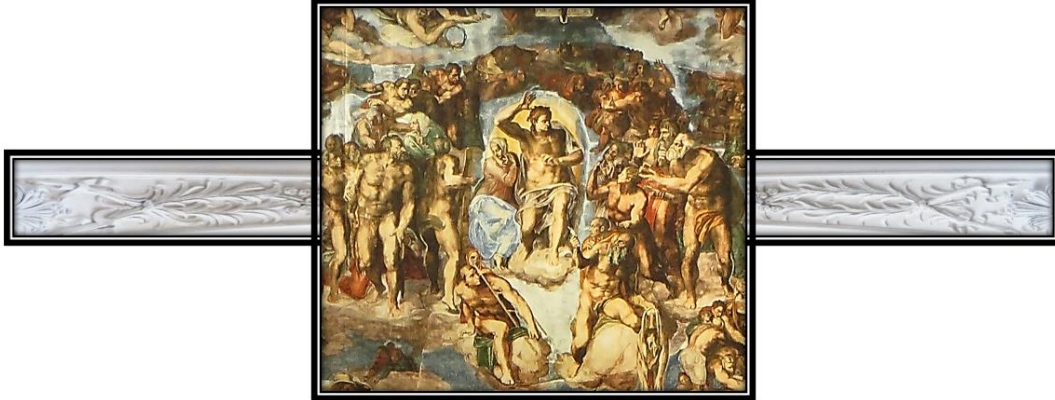
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GREAT AMEN

Respond with the angels and saints: **“AMEN!”**

MEANING: Yes! I believe THE EUCHARIST IS TRUE!

May the Lord be blessed and honored forever!



OUR FATHER

UNDERSTAND the honor that you have to be able to **talk to God** as your Father just as **Jesus** does.²⁴

BE THANKFUL for the treasure of having a loving, close, and faith filled relationship with God *because of Jesus' death and resurrection* which allows you to one day *join* the Trinity in²⁵ heaven.



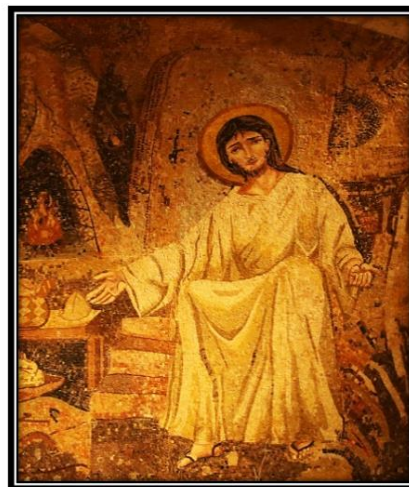


RITE OF PEACE

Share peace with others, but also take a moment to close your eyes and feel **Jesus** cover you with a **deep, long-lasting peace**.

FRACTION: BREAKING OF THE BREAD

IMAGINE
yourself sitting
with Jesus
and His disciples
around the table
at the **Last**
Supper.



PICTURE
Jesus breaking
the bread and
SHARING
IT with you
and everyone
else.

Be sure to say thank you to Jesus for sharing with you **HIS BODY AND BLOOD.**



COMMINGLING

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

Think about how **JESUS' BODY AND BLOOD** joined together again in his Resurrection like the **HOST AND WINE**²⁷ just joined together at Mass.

LAMB OF GOD

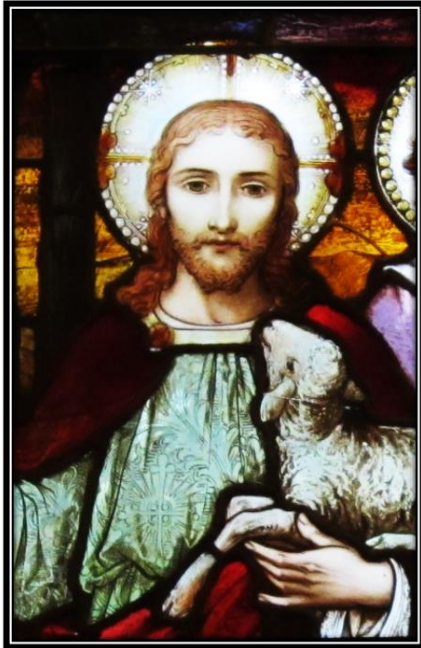
The **LAMB OF GOD** **takes you** “right up to **God’s throne!**”²⁸



Imagine kneeling before **JESUS** in all **His glory** and splendor in **heaven**.

Listen to the words with your **faith ears**.

Join the chorus of heaven and earth in **worshipping JESUS, THE LAMB**.²⁹



“LORD, I AM NOT WORTHY. . .”

Understand that you are complete unworthy to receive **JESUS, THE EUCHARIST,** BUT **know** without a doubt that **JESUS** calls you to **COMMUNION!** **JESUS** can **HEAL** you from **any sin** that separates you from **HIM.**³⁰

WALKING UP FOR COMMUNION

As you walk down the aisle for **COMMUNION**, give your full, undivided attention to **JESUS.**



Look only at the **EUCHARIST!**



Ask **JESUS** to make your heart ready to receive **HIM.**



RECEIVING HOLY COMMUNION

As the **EUCCHARIST** is placed in your hands or on your tongue:



Think of **Mary** who once "had to receive the broken body of Christ from the cross into her arms."³¹

or

Think of the two disciples on the road to **Emmaus** who recognized Jesus when He took bread, said the blessing, broke it, and gave it to them.³²



Look at awe at the **EUCCHARIST** in your hands and consider with love **WHO** you are placing in your mouth.

IN THE MOMENTS AFTER HOLY COMMUNION

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

FEEL Jesus' Presence shine out of you.

Know that **YOU**, yourself, are **A LIVING TABERNACLE** for a short time.

Feel the unity with **Jesus** whom you just ate.

Ask Jesus to make you more like **Him**.

Enjoy the togetherness of **you and Jesus** just like you hope to have with Him at the end of your life in heaven for all eternity.³⁴





FINAL BLESSING

Listen for the names of *each person* of the **TRINITY – FATHER, SON, HOLY SPIRIT.**

Watch the priest make **The Sign of the Cross** over the congregation. **Be sure to participate** in the blessing by making **THE SIGN OF THE CROSS** on yourself.

“We have one great certainty: God loves you; Jesus gave his life for you! The Spirit is within you. This is the great certainty.”³⁵

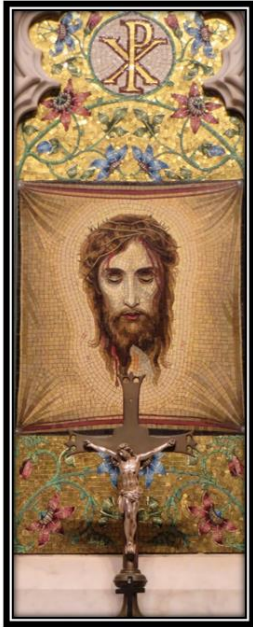
DISMISSAL

Listen for the **PRIEST TO SEND YOU FORTH** from **MASS.**

Think about how you might **GO spread the Good News of JESUS** with your actions and words after you leave **MASS.**

Can you show love like **JESUS** and **talk about Him** at home? **at school?** on the playground? **with your friends?** everywhere?





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The Privilege of Being Catholic. Father Oscar Lukefahr, C.M., Liguori, 1993

Sacred Signs. Roman Guardini, Pio Decimo Press, 1955

Photographs taken by Melissa Kirking