

## I. Introductory Rites

### § Priest Venerates the Altar (Mt 25:6)

- ❑ **Nuptial love** (two become one, faithful and forever) between God and His people: symbol of Christ the Bridegroom kissing His Bride the Church. God's love is everlasting. Ps 118
- ❑ **Rev 6:9** "under the altar the souls of the martyrs who bore witness to the Word of God".

### § Greeting (2 Cor 13:13)

#### and the Sign of the Cross (Mt 28:19)

- ❑ Christ reveals to us God is Three-in-One.
- ❑ The **Father as Creator** shares His Life with you; The **Son as Redeemer** forgives your offenses; The **Holy Spirit as Sanctifier** is sent to dwell within you. Your body is now a Temple of God.
- ❑ The Trinity believes, loves and hopes in you.
- ❑ Now you must exercise your:  
**Faith** = "yes" to God's Word;  
**Hope** = "yes" to God's promise of heaven;  
**Love** = "yes" to God's free unmerited Gift of Love and Mercy.

### § Penitential Rite, Removes all venial sin, NOT mortal.

Grow in the virtues of self-knowledge:

- ❑ **Sincerity** (love for the Truth);  
**Humility** (acknowledge your sinfulness);  
**Trust** (rely more on God's goodness and grace than your merits). See Ps 51:19
- ❑ **Is 1:18**: "though your sins be like scarlet, they may become white as snow..."

### § "Lord Have Mercy, Kyrie Eleison" (Mk 10:46)

- ❑ We are all Beggars before the **Lord of Mercy** (the Messiah, the Son of God). Ps 65: 3; Ps 79:9
- ❑ **Mercy**: Christ's life reveals the hidden depths of God's love for you. Eph 2:4; Rom 9:16
- ❑ **1 Tim 1:16** God's grace and mercy are a gift that you are called give to everyone you meet.
- ❑ **1 Jn 1:9**: "if we confess our sins...He will forgive us and cleanse us."

### § Opening Prayer, "Let us pray" (Jn 16:23-24)

- ❑ Unite your request to the entire Church as expressed in this prayer. Discover the grace the Church is praying for today as contained in this prayer..
- ❑ **"Amen"**: (1Jn 5:14) "Confident that He hears us when we ask according to His will."

## II. Liturgy of Word (Heb 4:12)

The Church invites you to look at and listen to Christ. God speaks to you, listen, study and surrender to His Word. This leads you to **grow in knowledge of Christ** the Son, until you become a "sons and daughters in the Son." (2 Cor 6:18)

### § Readings, Psalms, Gospel

Three virtues to increase during this part of the Mass:

- ❑ **Know Christ better**: in Old Testament, in Psalms, in Gospel. Personal **love for Christ**, hearing, accepting, living His Word. (Lk 6:46)
- ❑ Greater **imitation of Christ**: see life as He sees it, love as He loves, live as He lives. (Gal 2:20)
- ❑ **Pray in silence**: "**Speak Lord your Servant is listening...**"

### § Upon Blessing Your Forehead, Lips and Heart (before listening to the Gospel, you may pray)

- ❑ "Enlighten my **mind** with Your Word that I may **speak** your Good News to my brothers and sisters and **love** you with all my heart. May God's Word cleanse me of all my sins. Amen."

## III. Liturgy of the Eucharist (Mal 1:11)

### À Preparation of the Altar and Gifts (Dan 3:39)

#### § The Bread and Wine (Gen 14:18-20)

- ❑ What do you bring to the altar today? What will you offer?
- ❑ These gifts are a **symbol and sign of what you offer** to God this day. You may pray in silence a prayer of self-offering:  
**"Take Lord and receive, my memory, my understanding and my will. You have given me all that I am and all that I have. I return it to you and surrender it to the guidance of your will. Give me only your love and grace with these I am rich enough and ask nothing more."**

#### § Priest Washes His Hands (Ps 51:1-2)

- ❑ You may think of Judas betraying Christ with a kiss; or Pilate washing his hands before condemning innocent blood. This action reminds you of the need to be free from all sin before approaching the living Christ, "the Holy of Holies".
- ❑ **Increase and deepen your desire to be cleansed** from all sin, impurity, indifference, doubt and neglect.

#### § "Pray brethren that my sacrifice and yours..."

- ❑ See in the bread all the **good things** God has given you, offer them now to the Lord in a spirit of Thanksgiving. (Gen 4:4)
- ❑ See in the wine all **your sorrows and sufferings** offer them to the Lord in union with the Christ, asking for His Strength.
- ❑ What is "your sacrifice" that you now offer to the Lord? Place it on the altar. (Gen 22:1-19)

### À Preface to the Canon

#### § "Lift up your heart" (Lam 3:41; Acts 2:33)

- ❑ **Christ has ascended** taking your human nature with Him, He intercedes for you and sends His Spirit upon you.
- ❑ **Christ is calling you to follow Him** to His heavenly home. Now is the time to increase your desire to one day join Him along with the heavenly assembly of angels and saints.

#### § "Holy, Holy, Holy Lord" (Is 6:1-3)

- ❑ Never forget the **assembly gathered** around the altar **includes all the Saints, Angels, and souls** who have gone before us. Pray for them and with them.
- ❑ Prepare for the consecration and enter into the Mystery of our Faith, the presence of the Thrice Holy God.

### À The Eucharistic Prayers

#### § The Priest Blesses and Lays His Hands Over the Gifts Invoking the Holy Spirit (Heb 9:13-14)

- ❑ **The priest invokes the Holy Spirit** HS present at Creation; HS overshadows the ark of the covenant; HS with Mary at the Incarnation; HS at the Baptism of Jesus; HS at Pentecost forming the Church; HS now descends upon our altar.
- ❑ Through the words of Christ (spoken by the priest) and the power of the Holy Spirit, Christ will now be sacramentally present:  
**Body, Soul, Blood and Divinity. Read Jn 6: 60** "This saying is hard..."

#### § Consecration of the Bread (1 Cor 11:23-25)

- ❑ The Bread Christ offered to the Apostles at the Last Supper sacramentally represented Christ's Body, **the New Covenant**, taking the place of the Paschal Lamb, the Old Covenant's sin offering. (Lk 22:19; 1 Cor 5:7)

#### § Consecration of the Blood (1 Cor 11:26)

- ❑ He who turned water into wine, now turns wine into His own Blood.  
**Heb 11:1** "By faith..."
- ❑ The Body and Blood are consecrated separately **symbolizing the separation of Christ's body and blood (His death)**. Jn 12:32
- ❑ This re-presentation of Calvary affords you the opportunity to adore Christ Crucified and unite your will to Christ's will in offering yourself to the Father

#### § "Through Him, with Him and in Him"

##### (Rm 11:36; Jn 6:56; Jn 14:6; Jn 15:5)

- ❑ Through Christ, in the Holy Spirit, you are a royal, priestly people (1 Pt 2:9) giving glory to God through your holy life and worship.
- ❑ Only in Christ, do you have definite deliverance from sin, death and the "evil one". (Heb 7:25)
- ❑ **Col 3:3** "**your life is hidden with Christ in God.**"

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