

The Greatest Gift on Earth

Are you ready for a total transformation?

Participate in the *supernatural* world around you which happens at every Holy Mass, where Jesus will transform you, if you let Him.

At Mass, you are leaving the natural and entering the supernatural world where heaven and earth meet. Even the saints and angels are with us. The Mass is all about God and is the most perfect form of worship and adoration to God the Father.

In addition to **worshipping** God at Mass, we come to **atone** for our sins, **petition** the Lord for all of our needs, and **thank** Him for everything including giving us life and another day to serve Him.

During Mass, you will be entering into the Passion, Death, and Resurrection of Jesus Christ. Pay attention. Assist the priest during Mass with your prayerful responses, in praying with him silently as he prays the Mass, and in singing hymns to God.

Here are some highlights for you to understand (but there is so much more happening for you to explore and understand!):

- As the priest (and deacon, if assisting) enters the sanctuary (holy grounds), he kisses the **altar of sacrifice** in reverence to the actions about to unfold, namely, the sacrifice of Jesus to God for our sins.
- Listen closely to the **Word of God**. The readings are God's actual Word (Jesus is God's Word made flesh). God's Word tells us what is required for each of us to get to heaven.
- The **offertory** is not an intermission! During the offertory, as the gifts of bread, wine, and alms are presented, offer yourself and all of your intentions to the Lord. Really do this! Pray and sing.
- After the **Sanctus** (Holy, Holy, Holy), the **Eucharistic prayer** begins. Now we are all standing at the foot of the cross at Calvary. We, at this Mass, are witnessing the single most important event in human history. As Catholics, we believe that at every Mass, the sacrifice of Jesus Christ is re-presented (as in, presented again) in an unbloody manner so that each of us can truly experience what Christ did for us 2,000 years ago. **That means that we are just as present at Calvary today** as the Virgin Mary, St. John the Apostle, and other witnesses 2,000 years ago. This seems pretty impossible, but with God, all things are possible. And this seemingly impossible thing is the greatest gift any of us will ever experience on earth.*

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- The most solemn part of the Mass takes place at the **Consecration, where Jesus is at the altar, crucified. His sacrifice to God our Father is real, before your very eyes. Ordinary** bread and wine are transformed into the very **Body and Blood, Soul and Divinity of Jesus Christ**. When Jesus said, “This is my body... This is my blood,” He was serious. Every time we enter a Catholic church, God is truly present in the tabernacle waiting for us. Every time you come to Eucharistic Adoration you’re spending time with Jesus, face-to-face. Every time we go to Mass, the bread and wine transform before our very eyes. **Even though we can’t see, feel, or taste this transformation, what was once bread and wine is now God Himself.** God is veiled in what looks like a little piece of bread, just because He wants to be with each one of us, intimately.*
- **Holy Communion** is the time we receive Jesus and are united with Him in an intimacy like no other. Jesus loves each one of us so much that He would have died for you even if you were the only person on earth. As you process **reverently** in the Communion line, focus on Jesus (not on the people in the pews). Repeat silently, “Jesus I love You. Jesus I trust in You,” or some other prayer that prepares your heart to receive Jesus. Remember too, only receive Jesus if you are a Catholic in the state of grace.
- After receiving Jesus, reverently return to your pew, get on your knees (if you can) and thank the Lord for loving you so much. Pray to Him for all that weighs on your mind and heart and ask Him to help you on your journey to sainthood (your heavenly reward).
- In the **final blessing**, the priest is actually delivering a blessing from God the Father Almighty, Himself! How awesome is this blessing! Rejoice and be glad.
- After Mass, it is appropriate to stay in your pew for a few minutes and say **prayers of thanksgiving**. Reserve casual talk until you leave the nave (the church).

**Reference: <http://www.isucatholic.org/what-happens-at-mass.html>*

SAMPLE PERSONAL PRAYERS FOR HOLY MASS

Before Holy Communion: May the Body and Blood of Christ preserve my soul unto life everlasting.

Repeat Silently in the Communion Line: “Jesus I love You. Jesus I trust in You.” or “Mary and Joseph, lead me to Jesus.”

After Holy Communion: Soul of Christ, sanctify me. Body of Christ, save me. Blood of Christ, inebriate me. Water from Christ’s side, wash me. Passion of Christ, strengthen me. O good Jesus, hear me. Within Thy wounds hide me. Suffer me not to be separated from Thee. From the malicious enemy defend me. In the hour of my death call me. And bid me come unto Thee. That I may praise Thee with Thy saints and with Thy angels, Forever and ever. Amen.

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