

Mass: Introduction

Introduction

- I. Four parts of the Mass
 - a. Introductory Rites
 - b. Liturgy of the Word
 - c. Liturgy of the Eucharist
 - d. Concluding Rites
- II. Mass is different from Protestant forms of worship
 - a. **CCC 1367** The sacrifice of Christ and the sacrifice of the Eucharist are *one single sacrifice*.
 - i. The sacrifice of the Eucharist = The sacrifice of the Mass
 - ii. **1 Corinthians 11:26** For as often as you eat this bread and drink the chalice, you proclaim the Lord's death until he comes.
 - b. God desires us to worship him in the way he institutes through Jesus Christ
 - c. We must worship how God desires us to, not the way we think we desire to
 - i. **Joseph Cardinal Ratzinger, *The Spirit of the Liturgy*** Man himself cannot simply "make" worship. If God does not reveal himself, man is clutching empty space....But real liturgy implies that God responds and reveals how we can worship him....It cannot spring from imagination, our own creativity - then it would remain just a cry in the dark or mere self-affirmation. Liturgy implies a real relationship with Another, who reveals himself to us and gives our existence a new direction.

Praying with Body, Mind, and Voice

- I. How we worship is important because of who it is we are worshipping
 - a. How we worship is not the purpose of what we are doing
 - b. How we worship is supposed to assist us in our worship
- II. Man is created as a union of physical body and spiritual soul
 - a. God interacts with man how he created him
 - b. Man worships God how he was created (i.e., through both body and spirit)
- III. **Praying with Body, Mind, and Voice** Using our entire being in prayer helps us to pray with greater attentiveness. During Mass we assume different postures—standing, kneeling, sitting—and we are also invited to make a variety of gestures. These postures and gestures are not merely ceremonial. They have profound meaning and, when done with understanding, can enhance our participation in the Mass.
- IV. The Mass is the liturgy that is taking place in heaven
 - a. Jesus Christ offered to the Father in love, through the Holy Spirit
 - b. We must offer ourselves to the Father, united to Jesus Christ