

## LESSON 21: THE HOLY MASS

At the Last Supper, Jesus passed on to the apostles and all Priests His power to bless and change the bread and wine into Christ's own Body and Blood. Now at every Mass this miracle happens.

At the beginning of the Mass, we make the Sign of the Cross. The Priest asks us to call to mind our sins and to ask for God's forgiveness. All together we say, Lord have Mercy, Christ have Mercy". We thank God for His goodness in another prayer which begins "Glory to God...".

Next, we listen to the Bible readings carefully. On Sundays, the First reading is taken from the Old Testament, the Second from an Epistle, or letter, that one of the apostles wrote after Jesus returned to Heaven. The readings are messages of faith, love and hope. After that, the priest reads to us from the Gospel. "Gospel" means Good News. The Good News of Christ's miracles, parables, and teachings is still good for us today, as it was for His friends on earth two thousand years ago. The priest explains the Gospel message in a short talk called the homily.

After the homily, we stand with the priest to say the Creed (belief). Our Creed is a prayer that professes our faith. We say the Creed together at Mass because our faith is what binds us together as a Church. Holy Mass is our greatest prayer on earth.

Words to know:

Creed: A prayer telling what we believe.

Gospel: The Good News; the story of the life, death and resurrection of Jesus.

Worship: Love, honor and adoration, which we give to God.

### Questions and Answers

1	How does the Catholic Church describe the Sacrifice of the Mass? The Catholic Church teaches us that the Holy Mass is the "source and summit of the Christian life".
2	For what ends is the sacrifice of the Mass offered? The sacrifice of the Mass is offered for four ends; first, to give supreme honor and glory to God; secondly, to thank Him for all His benefits; thirdly, to satisfy God for our sins and to obtain the grace of repentance, and fourthly, to obtain all other graces and blessings through Jesus Christ.
3	Are we obliged to hear Mass? We are obliged to hear Mass on Sundays and Holy Days of Obligation. But it is good also to attend Mass frequently, in order to participate in great acts of religion, the one which is most pleasing to God and most commendable for us.

4	<p>What is the most proper way of attending Mass?</p> <p>The most proper way of attending Mass is to offer it to God in union with priests, reflecting upon the sacrifice of the cross, that is, on the passion, death and resurrection of the Lord, and by receiving Holy Communion. For Holy Communion is our actual and real union with the spotless victim that is offered, and hence the fullest participation in the holy sacrifice.</p>
5	<p>What is the most important and highest form of prayer where all fully participate?</p> <p>Holy Mass is the most important and greatest prayer and thereby we must fully participate in the Holy Mass.</p>