

Session 6

The Liturgy of the Mass



Let's Pray

Heavenly Father,

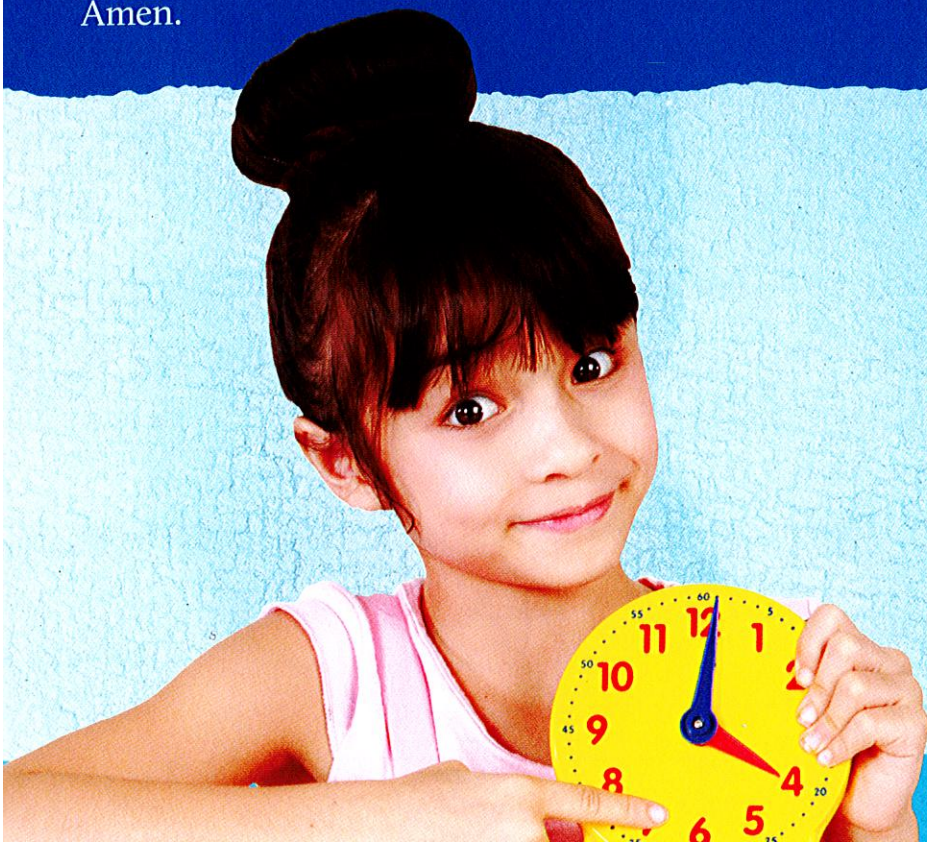
I believe that you are the source of all blessings. Thank you for the gift of your Son, Jesus. Thank you for the gift of your Holy Spirit. Thank you for making me your child and a member of the Body of Christ. Please prepare me to worship and adore you in the Liturgy of the Mass, and to receive Jesus in Holy Communion.

I ask this in Jesus's name.

Amen.

Introduction

If you had a time machine, where—or WHEN—would you go? Back in time to see the dinosaurs? To see what your mom and dad were like when they were your age? Or into the future to see if everyone has their own spaceship? Even without a time machine, there is a way that you can be present at the most important moment in human history! The Mass makes present the sacrifice of Jesus on the Cross in a very real, although mysterious, way.



Let's Read God's Word

The Letter of Saint Paul to the Corinthians

From 1 Corinthians 11:23–29

Jesus gave us the Eucharist and instructed us how to celebrate it. Because of this, we can't change it or choose to celebrate it differently.

When Saint Paul wrote his First Letter to the Corinthians, he told them to remember the importance of the Eucharist. He reminded them:

On the night that Jesus was betrayed, he took bread, gave God thanks for it, and broke the bread. Then he said,

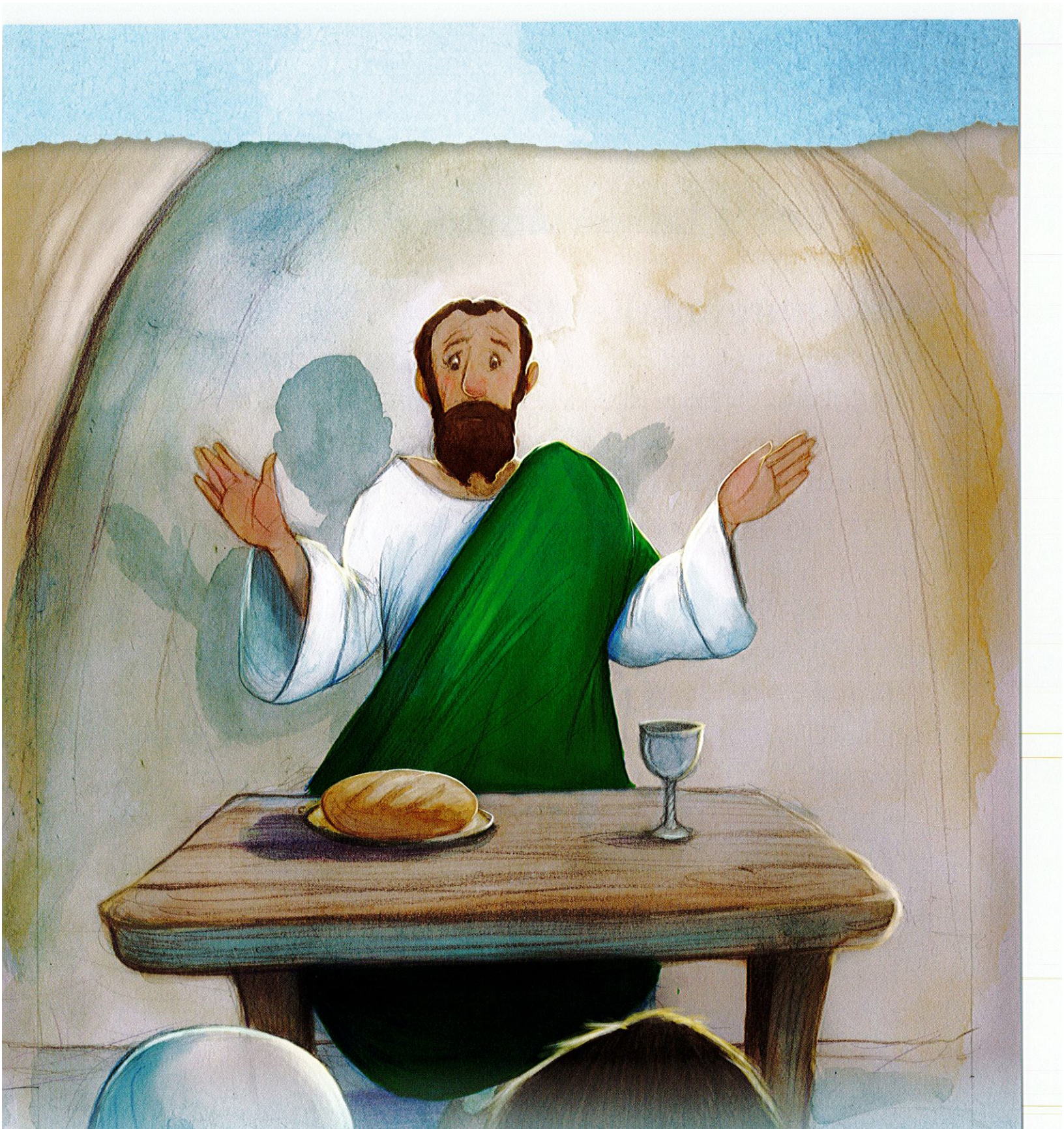
“This is my body which is for you. Do this in remembrance of me.”

After the supper, Jesus took the chalice and gave God thanks. Then he said,

“This chalice is the new covenant in my blood. Do this, as often as you drink this cup of the covenant, in remembrance of me.”

Saint Paul told the Corinthians that every time we receive the Body and Blood of Christ in the Mass, we proclaim the Death of the Lord. Jesus will come again in glory at the end of time, but until then, he is really present with us in the Eucharist.

Saint Paul reminded the Corinthians that because the Eucharist is the Body and Blood of Christ, we should receive it with respect and reverence.



 **Let's Talk About It**

How can you show respect and reverence when you receive Holy Communion?

Let's Learn About Our Faith

The Liturgy of the Mass

At the Last Supper, Christ instructed his Apostles to “do this in remembrance of me.” Since that time, Christians have celebrated the Liturgy of the Mass. **Liturgy** is our public worship and participation in the work of God. In the Liturgy of the Mass, we come together to worship as a Church, which is the Body of Christ. In the Mass, God’s work through Christ is made present, and he allows us to join ourselves to his work.

When we are at Mass, we are in the Upper Room with Jesus and the Apostles at the Last Supper. We are also at the foot of the Cross when Jesus was crucified. In the Mass, these events are made present so that we can participate in them!



Because the one-time, perfect sacrifice of Jesus is made present, the Mass is a sacrifice. We can join our own sacrifices to Jesus’s sacrifice on the Cross.

The Mass is also a participation in the worship of God in Heaven. This means that in the Mass, those on earth are celebrating the Liturgy together with the angels and saints in Heaven.

The Mass is the most perfect way to worship and adore God the Father for all of his blessings. We thank him and praise him especially for the salvation he has given us through his Son and for the gift of the Holy Spirit.

The **Liturgy of the Mass** has two main parts:

- The **Liturgy of the Word**, in which the Word of God in Scripture is proclaimed.
- The **Liturgy of the Eucharist**, in which we offer prayers of thanksgiving to God the Father for all his blessings, especially the gift of Jesus. In the Liturgy of the Eucharist, the bread and wine are consecrated and become the Body and Blood of Christ, which we receive in Holy Communion.

As a community, we say or sing many parts at the Mass. Music plays an important role in the Mass because sacred music helps us to worship God. In fact, Saint Augustine said that when we sing, we pray twice!

We will look more closely at these parts of the liturgy in the following sessions. But all of these different parts of the Mass make up one single act of worship.

Key Words

Liturgy

The words and actions that we use when we worship God and celebrate the sacraments.

Liturgy of the Mass

The Liturgy of the Mass is comprised of the Liturgy of the Word and the Liturgy of the Eucharist.

Liturgy of the Word

The first part of the Mass, in which the Word of God in Scripture is proclaimed.

Liturgy of the Eucharist

The second part of the Mass in which the bread and wine become the Body and Blood of Christ.



Let's Talk About It

How does it make you feel at Mass that you are with Jesus at the Cross?



Did You Know?

A Liturgy for All Time

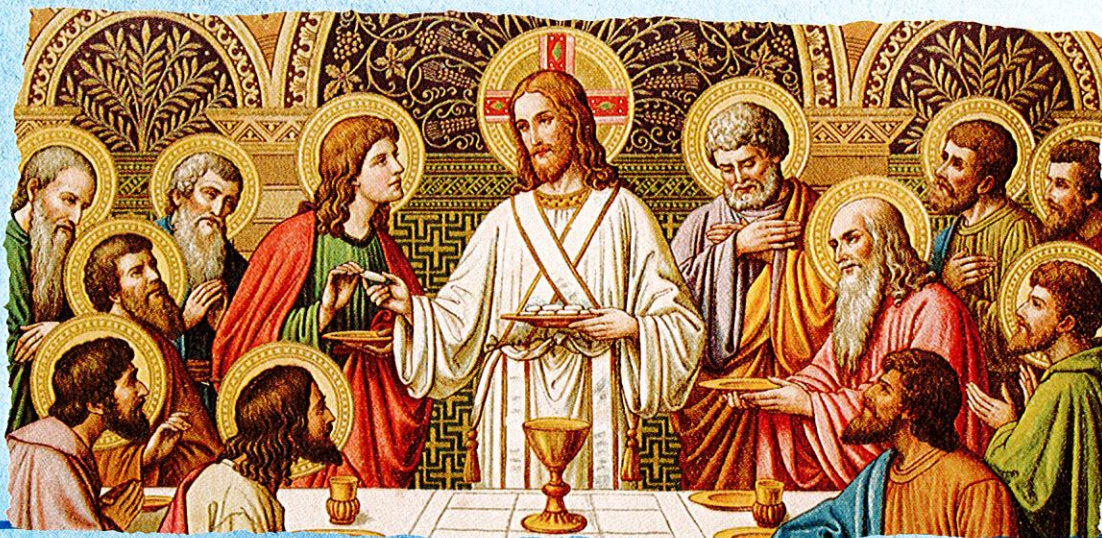
Two thousand years is a long time. A lot has changed in the world since Jesus founded the Church. But some things haven't changed. The Liturgy of the Mass that we celebrate today has the same parts as the Liturgy of the Mass celebrated almost 2,000 years ago!

Does any of this sound familiar?

Every Sunday, Christians gather together. Someone reads out loud from the Scriptures. Then the priest or bishop gives a homily. After the homily, everyone stands up and prays together. They share a sign of peace. The priest gives thanks to God and blesses bread and wine mixed with water. After the priest's prayers, the people all say "Amen" and receive the consecrated bread and wine.

This is a description of the Liturgy of the Mass! But this description comes from a letter written only about 100 years after Jesus died on the Cross and rose from the dead. It was written by Saint Justin Martyr, a Christian teacher, to explain to the Roman Emperor what Christians believe and what they do.

Some things never change!





Did You Know?

Why Do We Need to Go to Mass?

In the Old Testament, God commanded his people to celebrate the Sabbath. It was a day of prayer, joy, and rest. But the Sabbath of the New Covenant is Sunday. It is the **Lord's Day**, the day of the Resurrection.

The Eucharist has always been the center of Christian worship, and so it is the center of our celebration of the Lord's Day each Sunday. The Lord's Day is a day of joy and rest from work, and is a day for the Christian family to spend together. As Catholics, we have an obligation to go to Mass every Sunday unless we are sick or unable to get to church. An obligation means that it is something we must do; it isn't optional. We must also go to Mass on **Holy Days of Obligation**. These are special days, like Christmas, when we celebrate important events in the life of Jesus, Mary, and the saints. We must go to Mass on these days even if they're in the middle of the week. In fact, it is a grave sin to miss Mass on Sunday or a Holy Day of Obligation unless there is a serious reason; for example, if you are sick.

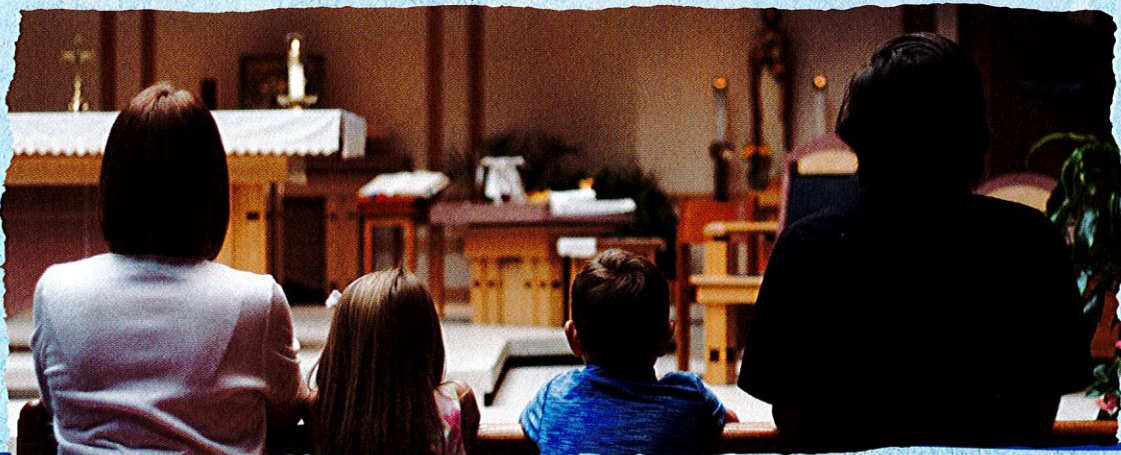
Key Words

Lord's Day

Another name for Sunday, because the Lord rose from the dead on a Sunday. We must always go to Mass on Sundays, unless there is a serious reason.

Holy Days of Obligation

Feast days that celebrate special events in the lives of Jesus, Mary, and the saints. Catholics are required to attend Mass on these special days.

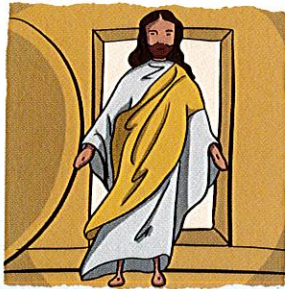




Let's Do Activities

Mass and the Paschal Mystery

When we go to Mass, we recall the events of the Paschal Mystery and the sacrifice of Jesus on the Cross is made present to us today. Match the description of events in the box with the name and picture of the event by drawing a line to the correct one.



Resurrection



Ascension



DESTINATION

33 AD

Jesus gave us the Mass

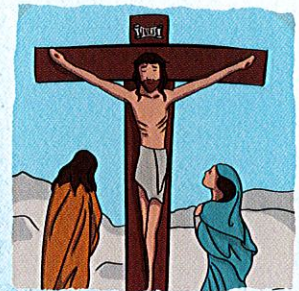
Jesus died on the Cross

Jesus rose from the dead

Jesus went up to Heaven



Last Supper



Crucifixion

“Now in Christ Jesus you who were once far off have been brought near in the blood of Christ.”

—Ephesians 2:13

The Saints Teach Us about the Mass

Did you know that we are all called to be saints? With God's help, even children can be great saints! We can follow the saints' example by loving God and others.

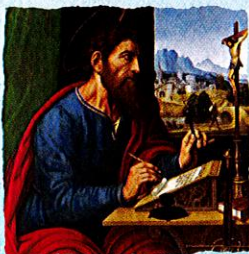
The saints below taught us about the Mass. Write the name of the saint below his picture.



This saint was only a child, but he knew that going to Mass every day and going often to Confession helped him to love God and serve others.



This saint wrote to the Emperor of Rome all about what the Christians did at Mass almost 2,000 years ago—and it's still true today.



In his Letter to the Corinthians, this saint said that when we receive the Body and Blood of Christ, we proclaim that Jesus is really present in the Eucharist.



This early Church bishop said that when we sing at Mass, it is like we are praying twice.

Word Bank

Saint Paul

Saint Dominic Savio

Saint Justin Martyr

Saint Augustine

Let's Recall and Reflect

What are some ways that the Mass today is the same as the Mass in Saint Justin Martyr's time?

When do we have an obligation to go to Mass? Why is it so important for us to go to Mass?

What are the two parts of the Mass? The two parts of the Mass are:

- The Liturgy of the Word, in which the Word of God in Scripture is proclaimed.
- The Liturgy of the Eucharist, in which the bread and wine are consecrated and become the Body and Blood of Christ, which we receive in Holy Communion.

How is the Mass a sharing in the worship of God in Heaven? In the Mass, we join the angels and saints to worship God together in the heavenly liturgy.

What is the Lord's Day? The Lord's Day is Sunday, the day of Jesus's Resurrection. The Mass is the center of our celebration of the Lord's Day each Sunday.

What are Holy Days of Obligation? Feast days that celebrate special events in the lives of Jesus, Mary, and the saints. Catholics are required to attend Mass on these special days.

Story of a Saint



Saint Dominic Savio (1842–1857)

Saint Dominic Savio was sent away to school to study under Saint John Bosco. While at school, he received his First Holy Communion and devoted himself to going to Confession often and attending daily Mass. He would sometimes skip meals to have more time to pray. His friends sometimes made fun of him for praying so much, but he always helped them with their studies and chores. He was always looking for ways to make small sacrifices for his friends. Dominic suffered from a lung illness and died at the age of fourteen, having lived a life devoted to prayer, Confession, the Mass, and serving others.

Let's Pray

I believe, O Lord, that you are the Son of the living God. I believe that the Eucharist is your Body and Blood. Have mercy on me and forgive me of the sins I have committed, in my thoughts and in my words, in what I have done, and in what I have failed to do. May I receive you in Holy Communion for the forgiveness of sins, and let me be united to you.
Amen.

Memory Verse

“Remember the sabbath day, to keep it holy.”

—Exodus 20:8

Let's Read a Story

Once Upon a Time

Nick looked for his friend Brad after Mass at Saint Clare Catholic Church. Brad wasn't in the main room where they served doughnuts and coffee. Nick found Brad sitting alone in one of the meeting rooms down the hall. He was playing a game on his phone.

"You shouldn't be playing that in church," Nick said. He wasn't allowed to have a phone or games like that in church.

"But church is so boring," Brad said.

Deacon Chuck Crosby came into the room. He was surprised to see the two boys there. "Is everything alright?" he asked.

Brad tried to hide his game.

"Brad thinks church is boring," Nick said. He grinned at Brad.

Brad frowned at Nick.

Deacon Chuck laughed. "A lot of people think church is boring," he said. "I guess it depends on why you go to church."

"I go because my parents make me," Brad said. Then he added, "It wouldn't be so bad if it was more fun and exciting."

Deacon Chuck thought for a moment. "I have a story that might help," he said.

Nick liked stories. He sat down next to Brad.

This is the story Deacon Chuck told:

Once upon a time there was a king who loved the people of his kingdom more than anything else in the world. This king often left his castle to help his people build homes and barns. He visited the sick in the hospitals. He greeted newborn babies. He gave them festivals and food and games.

The people were grateful. They said to the king, "What can we do to give you thanks?"

The king said, "Come to the great hall in my castle. Put aside your worries. Let us forgive each other our offenses. We will spend time together in peace. We will be a family and share joy. I will teach you all I know."



Session 6

The Liturgy of the Mass

So every week the people came to the castle. They made peace. They forgave each other. The king shared his wisdom with them. He gave them hope and beauty and truth.

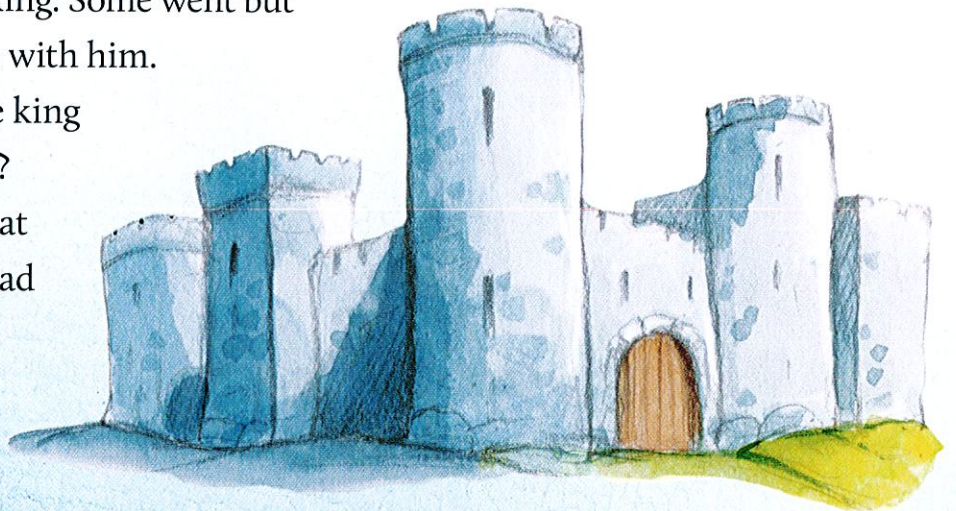
As time went on, the people became restless. They forgot that their time with the king was to say thank you for all the wonderful things he did for them. They stopped listening to his wisdom. They wanted their time with him to be like a circus with acrobats and jugglers and other performers.

They told the king. He listened patiently. Then he said, "Our time is not supposed to be like a circus. Those amusements do not last. Our time together will feed your very souls even if you do not always feel it."

The people grumbled. Many stopped going to the castle to meet the king. Some went but got annoyed by their time with him.

What do you think the king should do with his people?

Deacon Chuck looked at the two boys. Nick and Brad glanced at one another. What should the king do? Nick wondered.



Let's Talk About It

What do you think the king in the story should do with his people?

One of the reasons that Jesus came to earth was to teach us how to live better lives. List two of the things that Jesus taught us.

In the story, Brad said that Mass was boring. But why do we really go to Mass?