

Reflection questions to be used with the Youtube videos “Understanding the Mass” found on the Breaking In The Habit YouTube channel.

https://www.youtube.com/playlist?list=PLIEHvf1_M4UvQIeqw0LI6m-ahSS5jqjDZ

Trailer

- What is your experience of the Mass?
- What do you hope to learn about the Mass?

The Introductory Rites

- If Mass begins with our individual processions from our home to the church, how do we make the start of the Mass holy? Do we spend our procession in the car arguing with our siblings or other family members? Do we spend the time in preparation?
- Why do we genuflect to the Tabernacle and bow to the altar?
- What four places where Christ is truly present are given reverence at the start of Mass?
- In the Collect there is a moment of silent after the priest says, “Let us pray.” What are can we do during that moment of silence?

The Liturgy of the Word

- Why do we still include readings from the Old Testament?
- Before the Gospel is read the congregation follows the priest or deacon in making a cross with their thumb over their forehead, lips, and heart. What is our silent prayer during these actions?
- What is the high point of the Liturgy of the Word and why?

The Homily, Creed & General Intercession

- How are Sermons and Homilies different? Which one is given by the priest or deacon at Mass?
- How does the Creed unite us?
- During the Prayer of the Faithful our petitions move from the Universal Church to those of?

The Preparation of the Gifts

- What can we add spirituality to the collection that is brought to the altar?
- What should be placed on the altar? What should be kept off the altar and why?
- Why do we mix the water and wine?
- When the congregation states, “May the Lord accept the sacrifice at our hands, for the praise and glory of his name, for our good and the good of all his holy Church” what are we giving the celebrant permission to do?

The Eucharist Prayer & Communion

- How does the Sanctus (The Holy, Holy) give us a glimpse into the eternal glory of heaven?
- What is one way the Eucharist Prayer is celebrated differently in the United States than the rest of the world?
- Is the Eucharist prayer are recreation?
- What is the congregation doing when they jubilantly exclaim “Amen!” during the Doxology?
- Why does the priest place a small piece of the Consecrated Host into the chalice?
- Why does the Priest and Extraordinary Ministers receive communion first?

The Concluding Rites

- How can the announcements and homily serve a similar propose at Mass?
- The Mass ends as it begins with what prayer?
- The practical dismissal to ‘go forth’ also has a significant theology meaning. What is the dismissal telling us to do theologically?
- How does the Mass give purpose to the Mission of the Church?

Has your understand of the Mass changed? If so how?

What can you change in your routine to better participate in Mass?