

## **EPISODE 08 – Purpose of the Mass**

1. What can you do to remind yourself that participation at Mass is meant, principally, to praise God and pray for sanctification of the world?
  - For me it begins when I enter the church, genuflect, and pray. Quieting myself, facing the reality that the almighty God is there before me in the Tabernacle, and beginning a conversation with him. I truly enjoy this time of quiet prayer and reflection. There are times when there are distractions which interfere with this start of Mass for me and I find I need to focus on the cross to bring me into his presence.
  - I also find it helpful to carefully consider the prayers being said by the priest and by us throughout the Mass. After hearing these for so many years, they can lose their freshness and their meaning. When I truly make the effort to listen and make these prayers my prayers, my heart sings with love for God and his people.
2. How is authentic praise of God the source of care for our neighbor?
  - God is the creator of us all. His love is perfect. He showers his love on all even if these choose not to love as he has called them to love. So when I praise God for all the he is and all that he does, I am praying for the gifts and graces I need to love and serve all the people he has placed within my life. These are the gifts and graces I will use to care for my neighbors as a member for the body of Christ. I am part of God's plan to care for his people, my neighbors.
3. How can prayer at Mass be connected to our everyday life?
  - To somehow believe that the prayers are not connected to my everyday life is to not really understand what the priest and we are praying. I can add my specific praise, thanks, petitions, etc., to the prayers to personalize my prayerful communication with God. However, God knows what I need at all times. He is ready and waiting for me to turn to him and ask, to listen and say yes, to accept his love and walk with him beside me. If there is a lack of connection I have only myself to blame because, at those times, I have freely chosen to go it alone.