

EPISODE 09 – Active Participation

1. Read 1 Samuel 15:22. Why does the prophet say that "obedience is better than sacrifice"?
 - **1 Samuel 15:22** {And Samuel said, "Has the Lord as great delight in burnt offerings and sacrifices, as in obedience to the voice of the Lord? Surely, to obey is better than sacrifice, and to heed than the fat of rams."}
 - In the catechism in paragraph 1 it says "*God, infinitely perfect and blessed in himself, in a plan of sheer goodness freely created man to make him share in his own blessed life. For this reason, at every time and in every place, God draws close to man. He calls man to seek him, to know him, to love him with all his strength.*" All that I am and all that I have is of God. My purpose in this life is to love God first and foremost, and my neighbor as myself. God has given me many gifts and graces so that I might fulfill this purpose, but he does not make me do it for he has also given me a free will. It must be my choice to seek him, to get to know him, and to show my love for him with every thought, word, and deed. The sacrifice I can give to God is not the things of this world but that of obedience, keeping his commandments.
2. How can we become more aware of our internal participation in the Mass?
 - As a cradle catholic I have attended countless Masses over the years. It is so easy to let it become a routine with little thought given to what is being prayed. I must admit there were many Masses just like that. I become more aware of my internal participation when I when I sing with all of my heart, say each prior like I am saying it for the first time, turn my troubles and concerns to the Lord and trust that he will have my back today as he has done all of my life. I praise him, I repent and confess my sins, I give him thanks, and I look to him like childlike wonder. When I do all of this I am participating.
3. What words or prayers in the Mass find an echo in your heart and remain with you throughout the day?
 - "Lord have mercy", "Lord I am not worthy", and "Thanks be to God".