What do you offer at Mass? In calling all of Christ's faithful to participation in the liturgy, the Constitution on the Sacred Liturgy instructs that all gathered “should give thanks to God; by offering the immaculate Victim, not only through the hands of the priest, but also with him” (48, emphasis ours). One way we do this is by joining our thoughts and prayers to the priest’s, which requires careful listening on our part. For example, when the priest asks God to send down his Spirit, we echo this request in our own hearts and minds.

We also learn to offer ourselves at Mass by offering our lives to God. We offer our lives when we put aside our own desires and open ourselves to God's will and transformative love. We also offer our lives when we dedicate, or sacrifice, our time, activities, talent, or money on God's behalf. This gives God glory and praise and builds his kingdom here on earth. Every time we participate in the Eucharist, we join the offerings of our lives to Christ's offering on the Cross, and place our whole lives and beings on the altar to be transformed along with the bread and wine.

**DISCUSSION QUESTIONS**

- What parts of your time, talent, or treasure do you offer to God? How?
- What comes about as a result of your offering?

**ACTIVITY**

We offer ourselves to God in gratitude for the many gifts God has blessed us with, most especially the gift of Jesus's life on the Cross. Make a list of the many gifts God has given to you, such as your skills and talents, your health or physical abilities, the people in your life, particular situations from which you have learned, or material wealth and comforts that you possess. How might you better respect these gifts or put them to use for God's glory? How might you offer these gifts back to God in thanksgiving?