

Grade 7 - Lesson 19

St. Michael the Archangel Parish

Proclamation:

The Mass is the greatest form of worship that we can offer to God. The Eucharist is the source and summit of the Christian life.



Catechetical Points

- The Mass is a remembrance and representation of the Last Supper sacrifice.
- Parts of the Mass
- The Eucharist is the source of all grace and it deepens our relationship with Christ.

Materials

- YouTube (Please bring your own laptop or tablet)
 - Wi-Fi: StMichaelGuest
 - Password: 6084375348
 - Why We Don't Drink Coffee at Mass by Fr. Mike Schmitz:
 - https://youtu.be/jT-B2fK_EB0
 - The Eucharist on FORMED
 - <https://formed.org/study/55acfd0ca4adbbdc0d490ce2/lesson/54ee3e8c40cc1e74115a5977>
 - To access FORMED, create an account using Parish Code VCWD8R

[15 min] **Silent Prayer**

- Bring the class into church for a few minutes of silent prayer.
- At the beginning of prayer in Church, lead the class in the **Divine Praises**. They should repeat each line after you:

- Blessed be God.

Blessed be his Holy Name.

Blessed be Jesus Christ, true God and true Man.

Blessed be the Name of Jesus.

Blessed be his most Sacred Heart.

Blessed be his most Precious Blood.

Blessed be Jesus in the most Holy Sacrament of the Altar.

Blessed be the Holy Spirit, the Paraclete.

Blessed be the great Mother of God, Mary most holy.

Blessed be her holy and Immaculate Conception.

Blessed be her glorious Assumption.

Blessed be the name of Mary, Virgin and Mother.

Blessed be St. Joseph, her most chaste spouse.

Blessed be God in his angels and in his saints.

[10 min] **The Mass**

- **What are some different forms of prayer?** *The Rosary, the Divine Mercy Chaplet, the Stations of the Cross, Lectio Divina, Contemplative Prayer, etc.*
- **Which is the greatest form of prayer in the Catholic Faith?** *The celebration of the Eucharist at Mass.*
- **Why is the Mass the most important prayer of the Church?** *The Eucharist is a participation in Christ's sacrifice on the Cross, by which he redeemed mankind. Christ presides over every Mass, through the priest, who acts in persona Christi*

(in the person of Christ). Mass is the perfect prayer because it uses all forms of prayer: adoration, contrition, thanksgiving, and supplication.

- **How should we prepare to go to Mass?**
 - Wear suitable clothes. **What are examples of unsuitable clothes in Church?**
 - Fast an hour before Communion.
 - Respect the Church space:
 - Be quiet
 - Bless yourself with Holy Water when you enter (to remember our Baptism and to be protecting from evil).
 - Genuflect and make the Sign of the Cross before entering the pew.
 - Prepare our hearts and minds by understanding the reason for coming to Mass.
 - **What is the reason for coming to Mass?** *To offer the Holy Sacrifice of the Mass with the priest and to be nourished by the Word of God and the precious Body and Blood of our Lord.*
 - Read **page 115** and the first paragraph on page 116 (page 212 in the teacher's manual).
 - **How is the Mass a sacrifice?** See the notes on pages **204-206** in the Teacher's Manual about the eternal nature of Christ's sacrifice on the Cross.
 - **What do we have to do (or not do) in order to receive the Eucharist worthily?**
 - Read the introduction paragraph on page 119 and **Receiving the Eucharist Worthily** on page 120 (page 214 in the teacher's manual).

[10 min] **Respectful Behavior at Church**

- Watch **Why We Don't Drink Coffee at Mass** by Fr. Mike Schmitz:
 - https://youtu.be/jT-B2fK_EB0

- **Do you ever hear someone say that they don't get anything out of Mass? Do you ever feel that way?** Understanding the Mass will give us a greater appreciation for the importance of our participation in worship at Mass.

[15 min] **Parts of the Mass**

- The public worship of God is called the Sacred Liturgy.
- "Liturgy" means "work of the people".
- The Mass is divided into these main parts (*explain each of these briefly*):
 - **Introductory Rites**
 - Entrance Antiphon: The priest and altar servers enter while the Assembly sings.
 - The Penitential Rite: We recall our sins and our sorrow for them.
 - The Confiteor: "I confess to almighty God..."
 - The Gloria: "Glory to God in the highest..."
 - The Collect: Opening prayers said by the priest.
 - **Liturgy of the Word** (reading from Sacred Scripture)
 - Scripture Readings
 - The First Reading (from the Old Testament)
 - The Responsorial Psalm (from the Book of Psalms, written by King David. These are usually sung)
 - The Second Reading (from the letters of the Apostles in the New Testament).
 - The Gospel (stories about the life of Jesus from the Books of Matthew, Mark, Luke, or John)
 - The Homily
 - The Creed
 - General Intercessions
 - **Liturgy of the Eucharist** (offering and receiving the Body and Blood of Jesus).

- The Preparation of the Gifts (Offertory)
- The Washing of the Hands
- The Eucharistic Prayer
 - The Preface (Holy, Holy, Holy Lord God of hosts...)
 - Consecration (This is my Body...)
 - Doxology (Through him, and with him....)
- The Communion Rite
 - The Our Father
 - Rite of Peace
 - Lamb of God
 - Lord, I am not worthy...
 - Receiving Communion
 - Giving Thanks
- **Concluding Rites**
 - The Blessing (Go forth, the Mass is ended...)
 - Closing Hymn (Recessional)

[15 min] **The Eucharistic Sacrifice**

- Watch the first 6 minutes of **The Eucharist** on FORMED
 - <https://formed.org/study/55acfd0ca4adbd0d490ce2/lesson/54ee3e8c40cc1e74115a5977>
 - To access FORMED, create an account using Parish Code VCWD8R
- **How do we know Jesus was speaking literally about eating his flesh and drinking his blood?**
- **Why do you think it's important never to receive Holy Communion unworthily?**
- **If you get to Mass late, can you still receive Communion?** It depends:
Traditionally, we are expected to arrive at least before the start of the Preparation of the Gifts, which begins the Liturgy of the Eucharist, in order to fulfil our Sunday

obligation and receive Communion; however, in recent decades, the general expectation is to arrive before the Gospel reading in order to participate in Communion. It is not acceptable to leave Mass early (i.e. immediately after receiving Communion), unless someone has a serious reason for doing so.

- **Why are we obligated to go to Mass every week?** Receiving Jesus in the Eucharist binds us closer to God. This is a covenant that is a part of our very being, and it is necessary to worship God and participate in the Sacraments in order for our souls to have God's life of grace.

[5 min] **Eucharistic Adoration**

- Apart from attending Mass, we can also adore Christ present in the Eucharist by attending Eucharistic Adoration on Thursday nights.
- Read **Devotion to the Blessed Sacrament** on pages 120-121 (page 214 in the teacher's manual).
- **What are some ways we can pray when we go to Adoration?**

[5 min] **Closing Prayer**

- Pray the **Anima Christi** (p. 179 in the student text / p. 318 in the teacher's manual.)
 - This prayer is typically said silently after receiving Communion.