

Worksheet 14

The Mass – “The What And The Why”

Answer Sheet

What does it mean to say that the Mass is an encounter with Jesus Christ?

- The Mass is a living encounter with the risen Lord.
- It is not merely something we do for God, but something God does for us and with us.
- In the Mass, Christ meets his people and transforms them.

How is Christ present at Mass?

- Christ is present in the assembly gathered in his name.
- He is present in the ordained minister.
- He is present in the proclamation of Sacred Scripture.
- He is present above all in the Eucharist.

Why is the Mass not mainly about usefulness or efficiency?

- Worshiping God at Mass is not “useful” in the ordinary worldly sense. It is an end in-and-of itself because God is worthy of worship.
- The Mass is an act of sacred worship offered to God who is worthy of worship because He is the source of all being.
- The Mass teaches us that life is not only about work and productivity, but also about knowing, loving, and worshiping God.

Why does the Mass include rituals like vestments, incense, kneeling, and sacred music?

- These outward signs show that something holy is taking place.
- Human beings worship through body and soul, not just inward thoughts.
- The beauty and solemnity of the liturgy help lift our hearts to God.
- External signs help express and deepen worship.

In what sense is the Mass joined to heavenly worship?

- At Mass, the Church is united with the angels and saints in praising God.
- The Mass is earthly worship joined to the worship of heaven.
- This is reflected especially in the Sanctus: “Holy, holy, holy.”
- The Mass is a foretaste of heaven.

How is the Mass both sacrifice and meal?

- The Mass “re-presents” sacramentally the one sacrifice of Christ on the Cross.
- The Eucharist is also a sacred meal in which Christ feeds his people with his Body and Blood.
- This fulfills the pattern seen throughout salvation history: covenant, sacrifice, and communion.

Why is the Mass called the heart of Catholic life?

- The Mass is the privileged place where Catholics encounter the risen Lord.
- It is worship, sacrifice, communion, and a foretaste of eternal life.
- It is the source of the Church’s life and the deepest expression of the Church’s relationship with Christ.