

Worksheet 15

The Mass – “The How”

Answer Sheet

What happens in the Introductory Rites at Mass?

- The Introductory Rites prepare the assembly to worship God with faith, humility, and attentiveness and prepare our hearts to enter more deeply into worship.
- These rites begin with the Sign of the Cross and include the Greeting, Penitential Act, Gloria, and Collect (Opening Prayer).
- In the Sign of the Cross, we invoke the Trinity and acknowledge that Mass is celebrated in God’s name- not our name
- In the Penitential Act, we humbly call to mind our sins and ask for God’s mercy.

What happens in the Liturgy of the Word?

- In the Liturgy of the Word, God speaks to his people through Sacred Scripture.
- The Church listens to the readings, responds in the Responsorial Psalm, and stands in reverence for the Gospel.
- The homily helps explain the Word of God and apply it to Christian life.
- The people then respond with the Creed and the Prayers of the Faithful.
- We make the Sign of the Cross on the forehead, lips, and heart before the Gospel and silently pray that the Gospel may be in our minds, on our lips, and in our hearts.
- This reminds us that God’s Word is meant to shape both our faith and our lives.

What happens in the Liturgy of the Eucharist?

- In The Liturgy of the Eucharist we offer, consecrate, and receive the Body and Blood of Christ
- The altar is prepared with the vessels and linens needed for the Eucharist and the bread and wine are brought forward, along with offerings for the Church and the poor.
- Next the Eucharistic Prayer is said in which the Church gives thanks to God, recalls Christ’s saving sacrifice, and invokes the Holy Spirit upon the gifts.
- Through the Words of Institution, the bread and wine become the Body and Blood of Christ.
- Next comes the Communion Rite which prepares the faithful to receive Christ in the Eucharist
- It includes the Lord’s Prayer, the Sign of Peace, and the Lamb of God.
- Before Communion, the people express humility and faith by saying, “Lord, I am not worthy...”
- After receiving Communion, the faithful pray in silence and thanksgiving.

What happens in the Concluding Rites?

- In the Concluding Rites we are blessed and sent forth in mission
- The priest blesses the people in the name of the Father, and of the Son, and of the Holy Spirit and the deacon or priest dismisses the assembly
- The Concluding Rites remind us that Mass does not end when we leave the church building.
- We are sent out to live the Gospel in our daily life and glorify the Lord by our lives and by bringing Christ to others.