

JESUS OUR LIFE



Faith and Life Series

2

Revised Edition

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25 The Holy Mass

And he took bread, and when he had given thanks he broke it and gave it to them, saying, “This is my body which is given for you. Do this in remembrance of me.” And likewise the cup after supper, saying, “This cup which is poured out for you is the new covenant in my blood.”

Luke 22:19–20

Every Sunday we go to church to do what Jesus told twelve disciples to do when He said, “Do this in memory of Me.” You see, the Last Supper was the very first **Mass**.

At the Last Supper, Jesus changed bread and wine into His Body and Blood. He gave the disciples the power to do this, too. The disciples gave that power to other men. That is why our priest today can change bread and wine into the Body and Blood of Christ at every Mass.

At Mass we offer the same sacrifice that Jesus offered for our sins. That is the **sacrifice** which Jesus offered to

the Father when He died on the Cross. Sacrifice means giving up something dear to us completely to God. Jesus gave Himself up to God the Father for us. This is the sacrifice we offer at every Mass.

We also celebrate the Resurrection. That is why we go to Mass on Sunday, because Jesus rose from the dead on a Sunday. Each Sunday is a “little Easter.” This is a community celebration and that is why we all come together on Sunday.

Why do we go to Holy Mass?

We go to praise our God, Who is great and good.

We go to say “thank you” to God for all the good things He has given us.

At Mass we tell God we are sorry for our sins, and we ask His help to be better.

We also pray for the things we need, and for the needs of others.

If we listen carefully to the Mass and try to say the prayers, God will give us His grace and blessing. Taking part in the Mass will help to prepare you for your First Communion.

Sunday is God’s Day

The Third Commandment says: Remember to keep holy the Lord’s Day. By going to Mass on Sunday we are obeying God’s Law and keeping His Day holy. But we should do more than just go to Mass on Sunday to honor God. We should make it a special day and we can do that by:

- not doing any work that can be done on another day.
- wearing our best clothes when we go to church.
- not going shopping.
- having a special meal with our family.
- spending time together with our family
- spending more time thinking and talking about God.

Words to Know:

Mass sacrifice praise

Q. 53 *What is the Mass?*

The Mass is the sacrifice of Jesus on the Cross, and the gift of Himself in the Eucharist. The priest offers the Eucharist in church (CCC 1362, 1366–67).

Q. 54 *Why is the Mass offered to God?*

The Mass is offered to God to worship Him, to thank Him, to make up for our sins, and to ask for His help (CCC 1357, 1360, 1367).



28 Jesus, My Lord And My God

“I made known to them thy name, and I will make it known, that the love with which thou hast loved me may be in them, and I in them.”

John 17:26

There are things we should do to get ready to receive Holy Communion.

First, we must make sure our souls are healthy. We may never receive **Holy Communion** if we have a mortal sin on our souls. We must receive the Sacrament of Penance first. It is a good idea to go to Confession often, even if we only have small sins. This will give us grace and make us strong enough to keep away from mortal sin.

We should try to show in our lives that we love Jesus. This means that we say our prayers morning and night, and that we obey our parents. It means being kind and loving to all those around us.

We also prepare to receive Jesus by not eating or drinking one hour before Holy Communion.

In church we get ready for Jesus by paying attention to the Mass and making the responses. During quiet times in the Mass, we can say our own prayers to Jesus. We can tell Him how glad we are that He will soon come to us.

We should walk up to receive Communion quietly. This is not the time to look around at the other people. It is time to think about Jesus. We should receive Jesus with love and respect.

When we get back to our seats we kneel down and close our eyes. We can tell Jesus anything we want. He is glad to hear it all. We can ask Him to make us more like Him and to help us not to sin. We can ask Him to bless our family and friends.

Sometimes instead of talking to Jesus, it is nice to quietly enjoy having Jesus in our hearts. He does not need to hear lots of words from us. Just say “I love you, Jesus.” That is what Jesus wants to hear most of all.

Words to Know:

Holy Communion

Before Holy Communion:

Think about Jesus and how much He loves you.

Pray to Him telling Him that you:

- believe in Him.
- hope in Him.
- love Him.
- are sorry for ever offending Him.
- want Him to come to you.

After Holy Communion:

Pray to Jesus to:

- thank Him for coming to you.
- tell Him that you love Him and always want Him to be with you.
- ask Him to help you and other people.

Q. 57 *What is necessary to receive Holy Communion?*

To receive Holy Communion, you must be in the grace of God, believe it is Jesus you are going to receive, and fast for one hour before (CCC 1385, 1387).

