

Sunday Q&A

Your Faith in Focus



TAKE THESE MASS TIPS TO HEART

How do I make the most of the Mass?

Receiving Is the Key

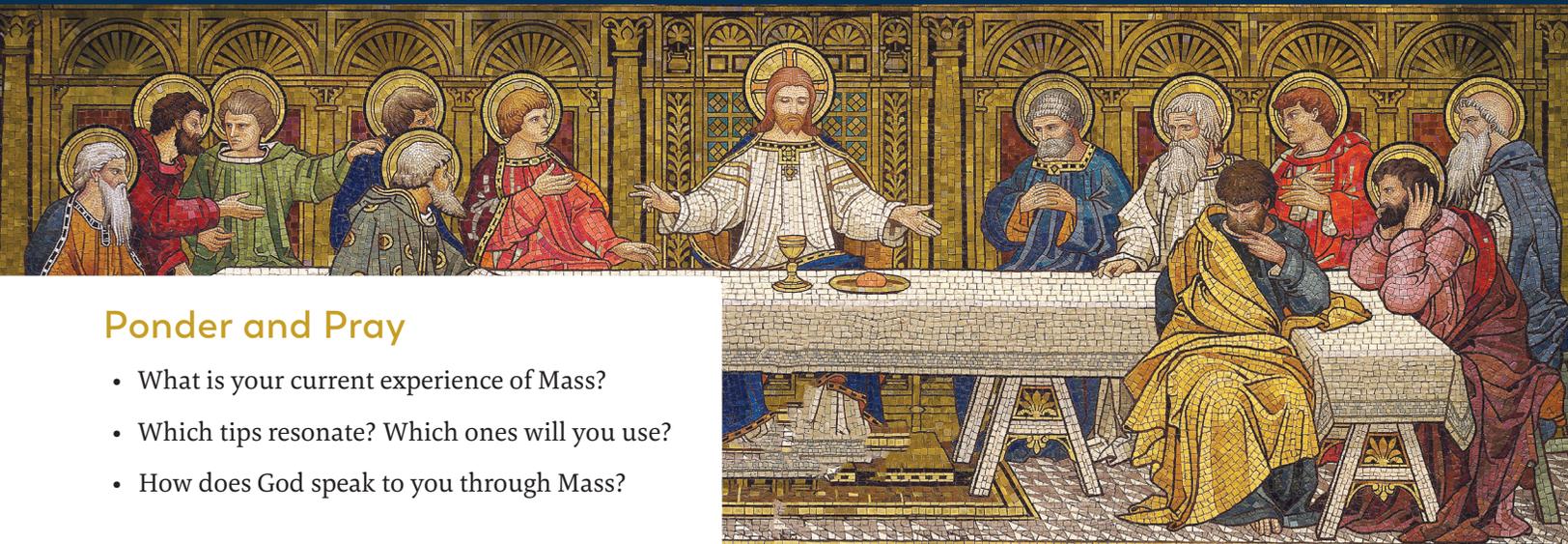
In the Eucharist, God gives us the gift of Himself. Once we realize it, it's natural to ask, "What should we do to make the most of it?" Peter was asked a similar question right after Pentecost: "What do I do? How do I move now? How do we enter into this gift?" He answered with a three-step program: Repent, believe, and receive the Holy Spirit. The emphasis was on receiving, which we can only prepare for so much.

The question of receiving is significant because our whole life is about receiving salvation, not achieving it. That's exactly what the Mass is about—letting ourselves receive the salvation God wants to give us. It's like telling God, "I need you. I can't make sense of my life without you." In the Mass, we encounter the God who can make sense of everything in our lives, but receiving is the key.

Words of Wisdom

The Sisters of Life, drawing from the wisdom of saints and other spiritual writers, give us a list of tips on how to prepare ourselves to receive the gift of God in the Mass. Take their tips to heart and appreciate the graces of the Mass more fully. Start today!

- Frequent the Sacrament of Reconciliation to make a way in your heart for grace to enter.
- Try to get to Mass a few minutes early to slow down your mind and heart before Mass begins.
- Stay in your pew after Mass for a few minutes and allow yourself to be still with God.
- Don't worry if you experience distractions during Mass; it's natural. You can offer those distractions to the Lord. If you struggle with many distractions during Mass, make an intentional effort to focus on two parts of the Mass: the Gospel and the Consecration.
- In Mass, we are invited to participate in the offering of the Son to the Father. Come to Mass ready to offer something to the Father. No intention is too insignificant for God. Bring your fears, worries, sorrows, desires, and hopes, knowing that God cares about all the details of your life.
- Wait for a word from God. Ask God to speak to you in a particular way at Mass, and let him surprise you.



Ponder and Pray

- What is your current experience of Mass?
- Which tips resonate? Which ones will you use?
- How does God speak to you through Mass?



Make It Your Own

Identify a distraction that comes to mind during Mass and write down how you will use one of the Sisters' ideas when it happens.

Tip of the Week

Pick one of the Sisters' tips and incorporate it into your weekly Mass routine immediately.

Dive Deeper

Scan this code to listen more:

Or go to:

<https://media.ascensionpress.com/podcast/how-to-make-the-most-of-mass/>



The Sisters of Life are a contemplative/active Roman Catholic community of women religious. They serve women who are vulnerable to abortion, have an outreach to college students, and host the Ascension podcast *Let Love*, from which this reflection was adapted.