

# THE MASS

## Aim

- To explore the Parts of the Mass with the young person.
- To help the young person understand that Christ is present at Mass: in the gathered people, in the proclamation of the word, in the priest and in the consecrated bread and wine.

## Resources

### Leaders

- Catholic Youth Bible
- Prayer cloth, cross, candle
- Electronic device – laptop/tablet for YouTube links
- Mass Book
- Download [Activity Sheet: Parts of the Mass](#) from [www.crossroadsrcia.org](http://www.crossroadsrcia.org) (copy on page 57)

### Young People

- Catholic Youth Bible
- Journal
- Fuel – The Daily Catholic App

## Preparation

### for Catechist

Spend some time in prayer for the young person.

Think of your own stories and be ready to share these.

When you are at Mass the weekend before this session, contemplate how a 13 to 16-year-old might view the Mass.

## Background

### information for Catechist

Mass is a celebration of faith where the community comes together to give thanks and praise to God. The people receive nourishment from God's word as they listen to the readings, and nourishment from the table of the altar when they receive Holy Communion. It is not just the priest but each baptised person who participates in a full and active way in the liturgy.



## Reflection

As we gather, we light a candle to remember that Jesus is the light of the world.

Sit quietly and listen to the guided meditation. Think back over your day and the week since we last met.



## Video

"Quietly" - A new Instrumental Piano Album from Scripture Lullabies:

[https://www.youtube.com/watch?v=e06\\_n9m9jbA](https://www.youtube.com/watch?v=e06_n9m9jbA)

Video **Link 6.1**



Thinking back over your day, is there something you would like to pray about? You can pray out loud or in your own mind.



## Follow up from last session

Last session we continued to look at the Sacraments of Initiation, in particular Eucharist.

Check to see if there were any questions arising from the session or from their Journal.



## Exploring

Who enjoys going to Mass?

Who are some people we see at Mass?

The Mass is where we, the faithful, gather as a community to listen to God's word and prepare to celebrate the Eucharist.

### What is the Mass?

Mass is a time when we **gather** together as a community to pray and celebrate together. Jesus said:

 **Matthew 18:20**

For where two or three are gathered in my name, I am there among them.

Mass is when we **proclaim** and listen to the word of God – Jesus is present in the word.

 **John 1:1**

In the beginning was the Word, and the Word was with God, and the Word was God.

Mass is a time where we are nourished at the table of the Lord through the Body and Blood of Jesus and share in this **breaking of bread**. Jesus commands us:

 **Luke 22:19**

Do this in memory of me.

After gathering together, hearing the word of God **proclaimed** and sharing in the breaking of the bread, Mass concludes with us being **sent forth** to serve and help other people like Jesus did. We live out the mission of the Church.



## Video

Do Catholics need to go to Church? - Fr. Rob Galea:  
<https://www.youtube.com/watch?v=m-CsGx2ofzU>

Video Link 6.2



Or

Why do Catholics go to Mass on Sundays? –  
Archdiocese of Brisbane:  
<https://brisbanecatholic.org.au/beliefs-and-works/why-do-catholics-go-to-mass-sundays/>

Video Link 6.3



What are your responses to watching this clip?

Are there any insights, new ideas, questions or challenges you have after watching this clip?

Why is Mass important?

- **Sacraments** – We are strengthened through the sacraments.



St Augustine

In the power of the Eucharist we become the Church – we are nourished by Jesus.  
“We become what we eat.”

- **Teachings of the Church** – It is in our traditions that we hear truth.
- **Community** – We need other people to support us on our faith journey.

What are some key things that stand out when you think of your experience of the Mass?



## Scripture and Prayer

Listen closely to the following music and scripture passage.

We begin with the sign of the Cross:



*In the name of the Father, and of the Son, and of the Holy Spirit. Amen.*

## Music

This I Believe (The Creed) - Hillsong:  
<https://www.youtube.com/watch?v=uuDI-sk2nJU>

Video **Link 6.4**



## Scripture

Use the Gospel from the following Sunday.

A reading from the holy Gospel according to...



**Glory to you, O Lord**

*(At the end of the Gospel)*

The Gospel of the Lord



**Praise to you Lord Jesus Christ**

Following a couple of minutes of silence to reflect on the scripture, invite the young person to share a word or two from the passage that was particularly meaningful for them.

What is one important message for you in this scripture passage?

How can you respond to this scripture passage in the coming week?

## Prayer

A Prayer to say before Mass



**Lord Jesus,**

*Allow me to have a spirit of reverence and openness as I prepare to encounter You in this Mass. Help me to remove any distractions and allow me to focus only on You and what You have to give me at this time. Open my ears that I may hear your word and allow it to take root in my life. Open my mouth that I may proclaim Your love and worship you.*

*Prepare my body and soul to encounter and receive Your Body and Blood in the Eucharist and allow me to be inspired to share Your love to all I encounter as I depart from this celebration.*

**Amen.**

Let us offer each other the sign of peace.



# Living it out in the everyday

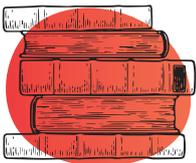
## Journal activity

Sunday Mass is where we join with people from all over the world in praising God and offering our prayers for the world.

Reflect on why it is important to go to Mass. Write down your ideas in your Journal.

## Challenge activity

Think carefully about the words that you hear and speak during Mass. What are some words that you want to know more about?



# For those who want more

## There are 4 parts to the Mass

- The Introductory Rites
- The Liturgy of the Word
- The Liturgy of the Eucharist
- The Concluding Rites

## The Introductory Rites

 Matthew 18:20

For where two or three are gathered in my name, I am there among them.

- **Penitential Act** - before hearing God's word, we acknowledge our sins and ask for mercy and God's pardon.
- **Gloria** - except in Advent and Lent.
- **Collect** - prayer from the Mass of the day. The priest pauses to allow the assembly to pray their own prayer silently. Then the priest "collects" these prayers and offers them to God.

## The Liturgy of the Word

 Romans 10:17

So faith comes from what is heard, and what is heard comes through the word of Christ.

During the Liturgy of the Word at Sunday Mass, we listen to the word of God through the scripture readings. The readings for the Liturgy of the Word are read from the Lectionary. The Lectionary is made up of scripture readings taken from the Bible arranged in a three year cycle.



The first reading is usually taken from the Hebrew Scriptures (Old Testament), the Responsorial Psalm is taken from the book of Psalms and the second reading is from the New Testament.

The Gospel reading is from the Gospels of Matthew, Mark, Luke or John. Prayers and texts are taken from the Roman Missal.

Let's look at the Lectionary and read this week's Gospel reading.

The Liturgy of the Word also includes:

- **Homily** - the priest helps us to understand how the readings relate to our life today.
- **Profession of Faith (the Creed)** - together we proclaim a statement of our faith, beliefs that have been handed down to us by generations of people of faith.
- **Prayer of the Faithful** - we bring our prayers for the Church, the world and ourselves to God.

## The Liturgy of the Eucharist



Luke 22:19

Do this in memory of me.

The Liturgy of the Eucharist is the central part of the Mass.

It includes:

- **Procession of the Gifts** – the bread and wine are brought to the altar to be consecrated during the Eucharistic Prayer.
- **Eucharistic Prayer** – we remember the words and actions of Jesus at the Last Supper as the bread and wine are consecrated through the power of the Holy Spirit and become the Body and Blood of Christ. We prepare to receive the Body and Blood of Christ in Holy Communion. When we sing or say the Great Amen, we are saying that we agree with all the words spoken by the priest throughout the Eucharistic Prayer.
- **Lord's Prayer** – we pray together the words that Jesus gave us. Read Matthew 6:9-13.
- **Sign of Peace** – the priest offers us peace and then invites us to share a sign of peace with others.
- **Breaking of the Bread** – just as Jesus gave thanks, broke the bread and shared it with his disciples, the priest breaks the bread to share with those receiving Communion.
- **Communion procession** – those who are receiving Communion are invited to process together to the table of the Lord to receive the Body and Blood of Christ.
- **Prayer after Communion** – prayer from the Mass of the day.

## The Concluding Rites



John 13:15

For I have set you an example, that you also should do as I have done to you.

The Concluding Rites include:

- **Blessing** – we receive God's blessing before going out to take the love of Jesus into the world.
- **Dismissal** – we are sent forth to serve and help other people like Jesus did.

## Activity

- Download **Activity Sheet: Parts of the Mass** from [www.crossroadsrcia.org](http://www.crossroadsrcia.org) (copy on page 57).
- Spread out the 'Parts of the Mass' cards.
- Ask the young person what is happening on each card.
- Invite the young person to put the Mass cards in order.
- Discuss the sequence of the parts of the Mass with the young person.

### **Cards** – 'Parts of the Mass'

The priest, altar servers and readers process into the church.

#### **The Introductory Rites**

- Penitential Act
- Gloria
- Collect

#### **The Liturgy of the Word**

- Readings and Psalm
- Gospel
- Homily
- Profession of Faith (Creed)
- Prayer of the Faithful

#### **The Liturgy of the Eucharist**

- Procession of the Gifts
- Eucharistic Prayer
- Lord's Prayer
- Sign of Peace
- Breaking of Bread
- Communion Procession
- Prayer after Communion

#### **The Concluding Rites**

- Blessing
- Dismissal

## Mass Series by Archdiocese of Brisbane

Below is a link to the Mass Series by Archbishop Mark Coleridge where we are taken through each aspect of the Catholic Mass.

<https://brisbanecatholic.org.au/beliefs-and-works/mass/>

Video **Link 6.5**



Maybe choose one or two clips to watch during the session and encourage the young person to watch others at home.

- Part 1 - Introductory Rites – Greeting
- Part 2 - Introductory Rites - Penitential Act and Gloria
- Part 3 - Introductory Rites - Opening Prayer
- Part 4 - Liturgy of the Word – Readings
- Part 5 - Liturgy of the Word – Homily
- Part 6 - Liturgy of the Word – Creed
- Part 7 - Liturgy of the Word - Prayers of the Faithful
- Part 8 - Liturgy of the Eucharist – Offertory
- Part 9 - Part 10 - Liturgy of the Eucharist - Eucharistic Prayer (Part 1)
- Part 11 - Liturgy of the Eucharist - Eucharistic Prayer (Part 2)
- Part 12 - Liturgy of the Eucharist - Communion Rite, Lord's Prayer
- Part 13 - Liturgy of the Eucharist - Rite of Peace
- Part 14 - Liturgy of the Eucharist - The Fraction
- Part 15 - Communion Rite – Communion
- Part 16 - Concluding Rites

# The Mass

## Activity Sheet: Parts of the Mass

↓ Cut out the below cards and put them in the correct order.

Prayer of the Faithful

Gospel

Penitential Act

Sign of Peace

Procession of the Gifts

Profession  
of Faith/Creed

Collect

Dismissal

Readings and Psalm

Lord's Prayer

Eucharistic Prayer

Breaking of Bread

Communion Procession

Blessing

Homily

Gloria

