

Sanctity's Source and Summit:  
Praying the Mass  
—*or*—  
From Donuts to Divinization









# Praying the Mass:

How to Make the Sign of the Cross

How to Listen to the Readings

How to Prepare at the Offertory

How to Respond to the Dismissal

# How to Make the Sign of the Cross



“Have you seen how children make the sign of the Cross? They do not know what they are doing: sometimes they make a design, which is not the sign of the Cross. Please, mom and dad, grandparents, teach the children, from the beginning — from a tender age — to make the sign of the Cross properly. And explain to them that it is having Jesus’ Cross as protection.”

—Pope Francis



# How to Make the Sign of the Cross

Sacramental Principle:

“God has chosen to manifest himself to our minds through external, sensible things, and to act in human souls by means of material things.”

—Dom Virgil Michel  
(d.1938)



# How to Make the Sign of the Cross





# How to Make the Sign of the Cross



“Whoever has seen me, has seen the Father.”

—John 14:9

Jesus is “the image of the invisible God.”

—Colossians 1:15

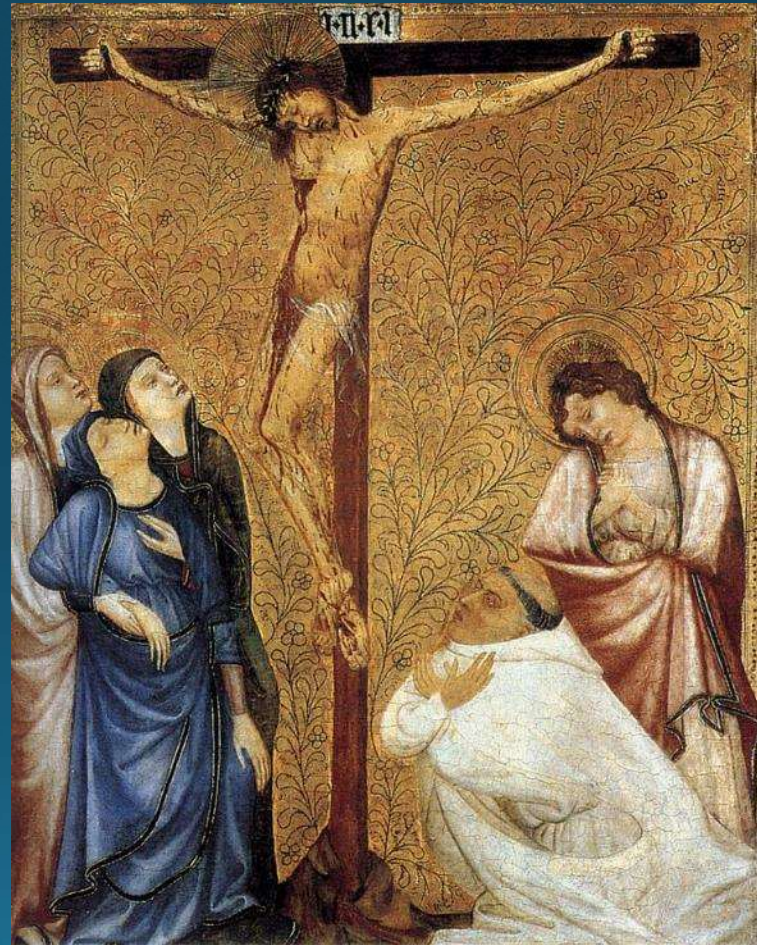
“The Father and I are one.”

—John 10:30

# How to Make the Sign of the Cross

“It was from the side of Christ as he slept the sleep of death upon the cross that there came forth ‘the wondrous sacrament of the whole Church.’”

—Second Vatican Council



# How to Make the Sign of the Cross



A sacrament is an outward sign,  
instituted by Christ, to give grace.



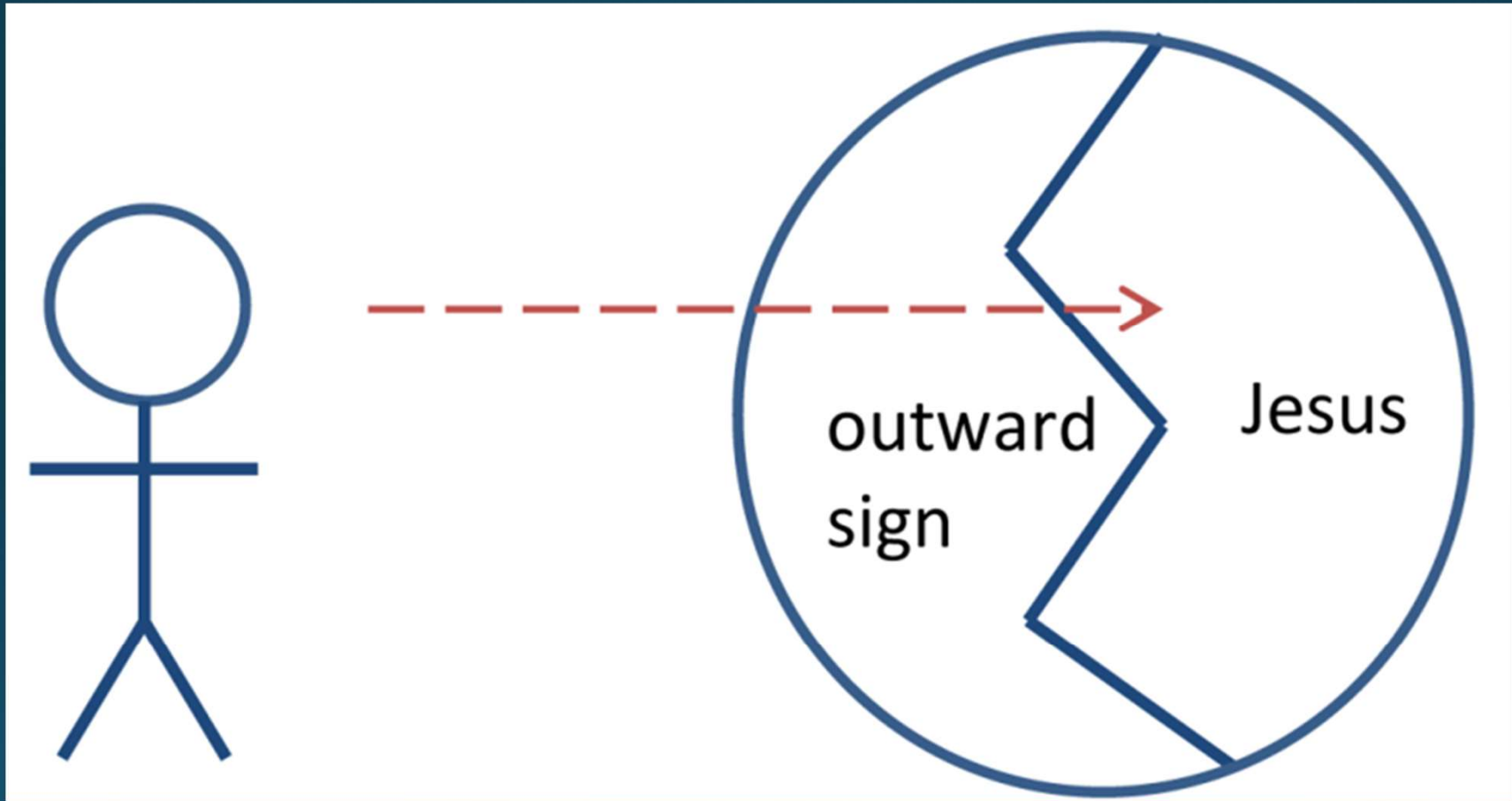
# How to Make the Sign of the Cross

“What was visible in our Savior  
has passed over into his sacraments.”

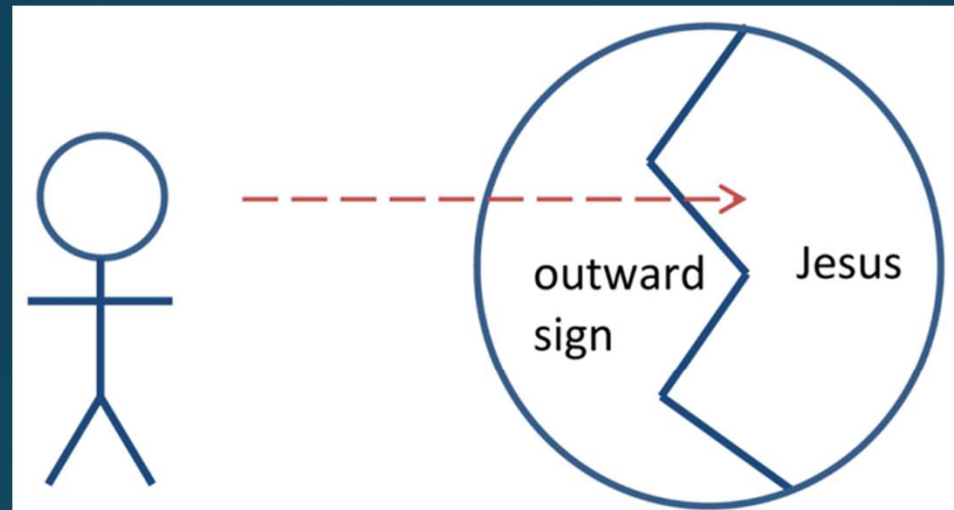


“Your sins are forgiven.” (Luke 7:48)

# How to Make the Sign of the Cross



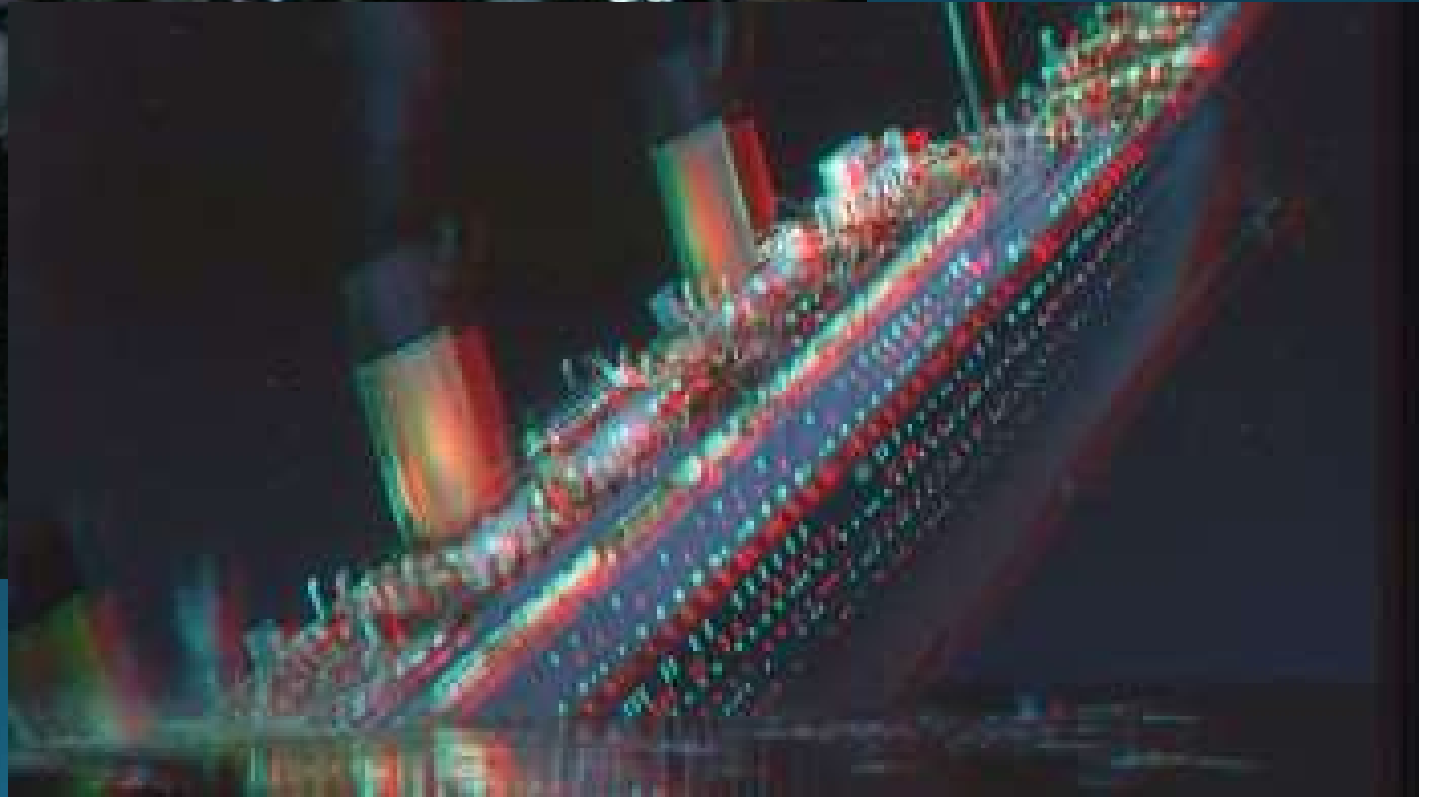
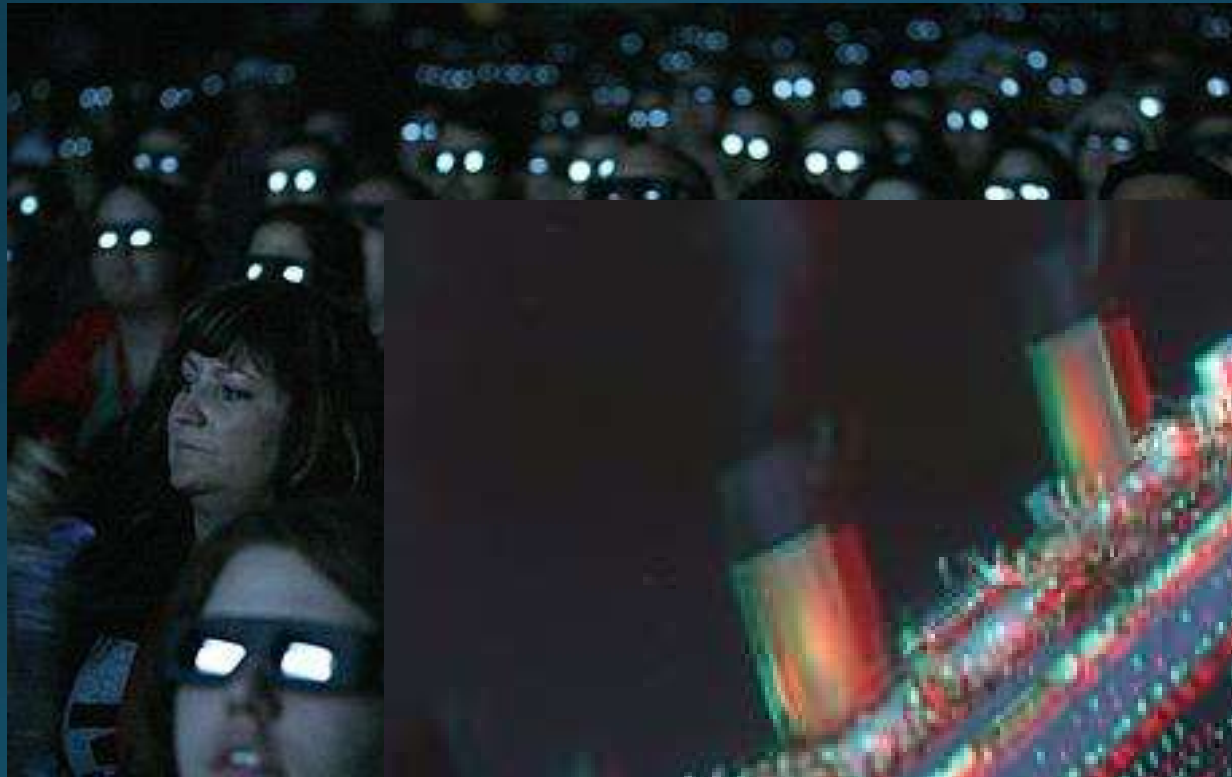
# How to Make the Sign of the Cross



“Liturgical catechesis aims to initiate people into the mystery of Christ (It is ‘mystagogy’) by proceeding from the visible to the invisible, from the sign to the thing signified, from the ‘sacraments’ to the ‘mysteries.’” —Catechism of the Catholic Church, 1075



# How to Make the Sign of the Cross

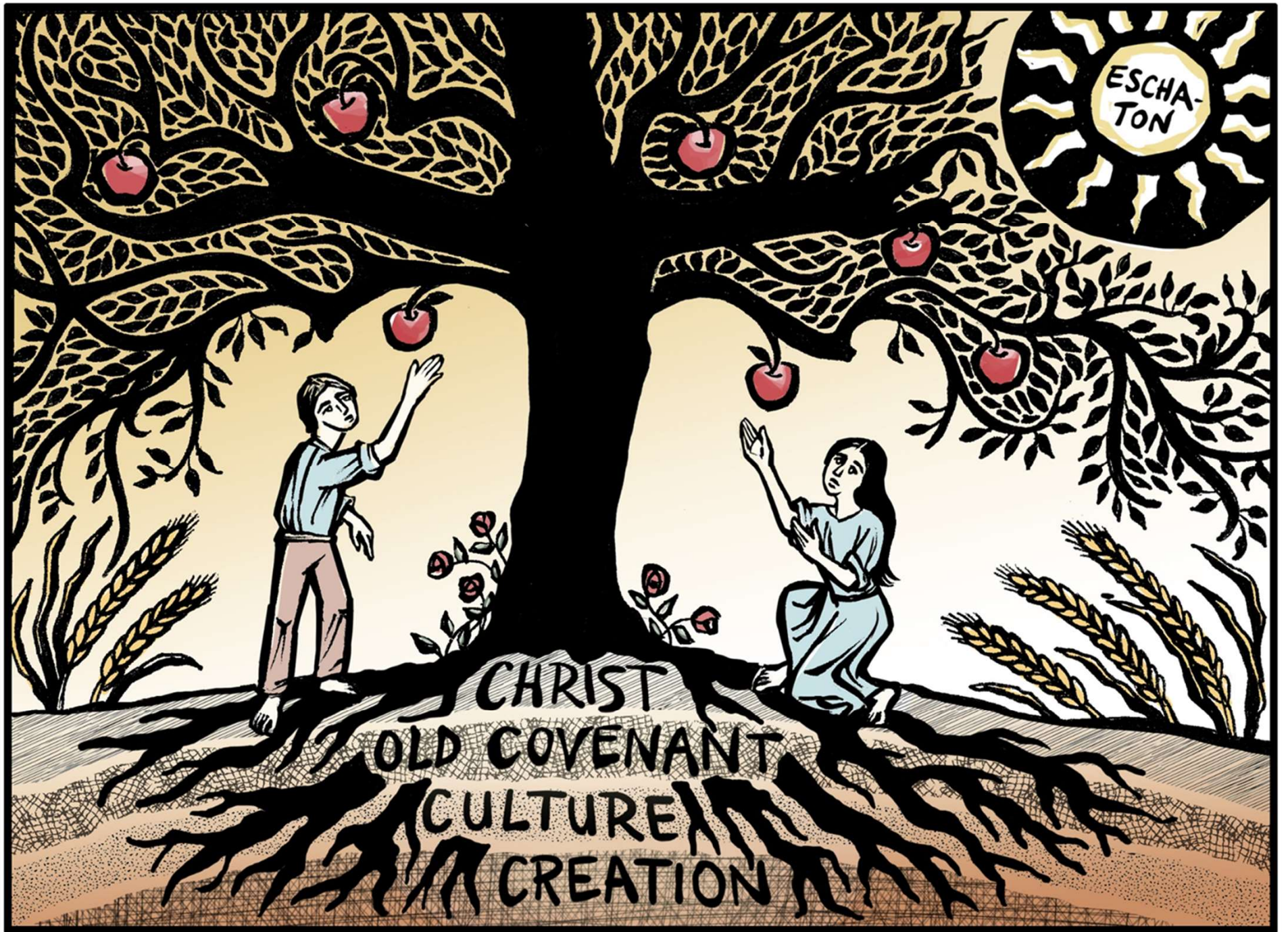


# How to Make the Sign of the Cross

“A sacramental celebration is woven from signs and symbols. In keeping with the divine pedagogy of salvation, their meaning is rooted in the work of creation and in human culture, specified by the events of the Old Covenant and fully revealed in the person and work of Christ.”  
Additionally, many sacramental signs and symbols “prefigure and anticipate the glory of heaven.”

—Catechism of the Catholic Church, 1145, 1152



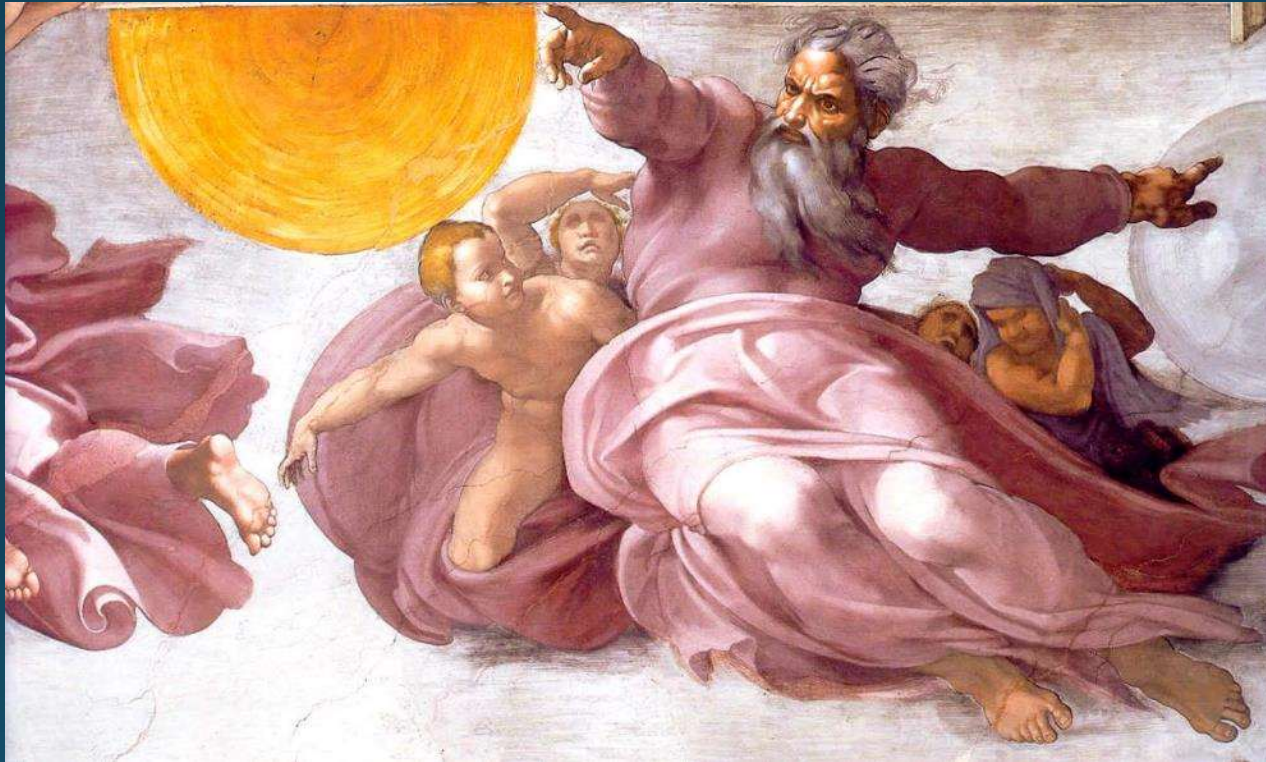


ESCHA-TON

CHRIST  
OLD COVENANT  
CULTURE  
CREATION



# How to Make the Sign of the Cross

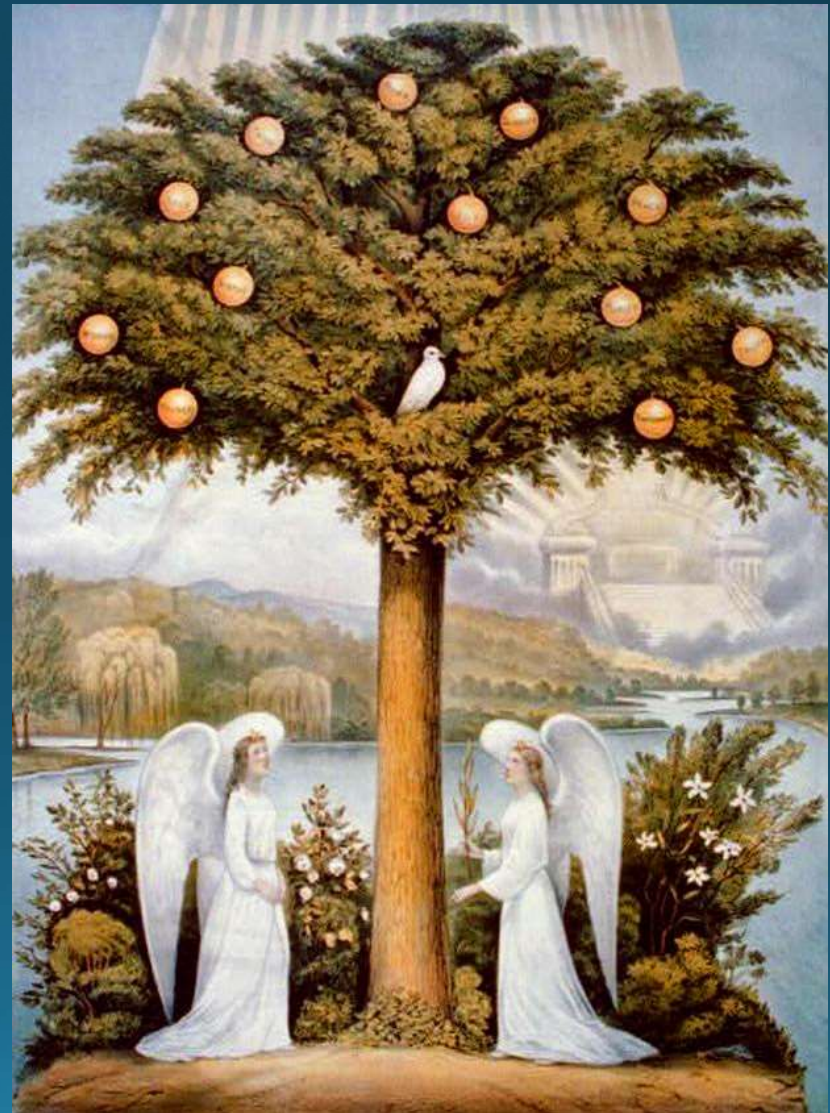


“In the beginning when God created the heavens and the earth, the earth was a formless void and darkness covered the face of the deep, while a wind from God swept over the face of the waters. Then God said, ‘Let there be light’; and there was light.” —Genesis 1:1-3

# How to Make the Sign of the Cross

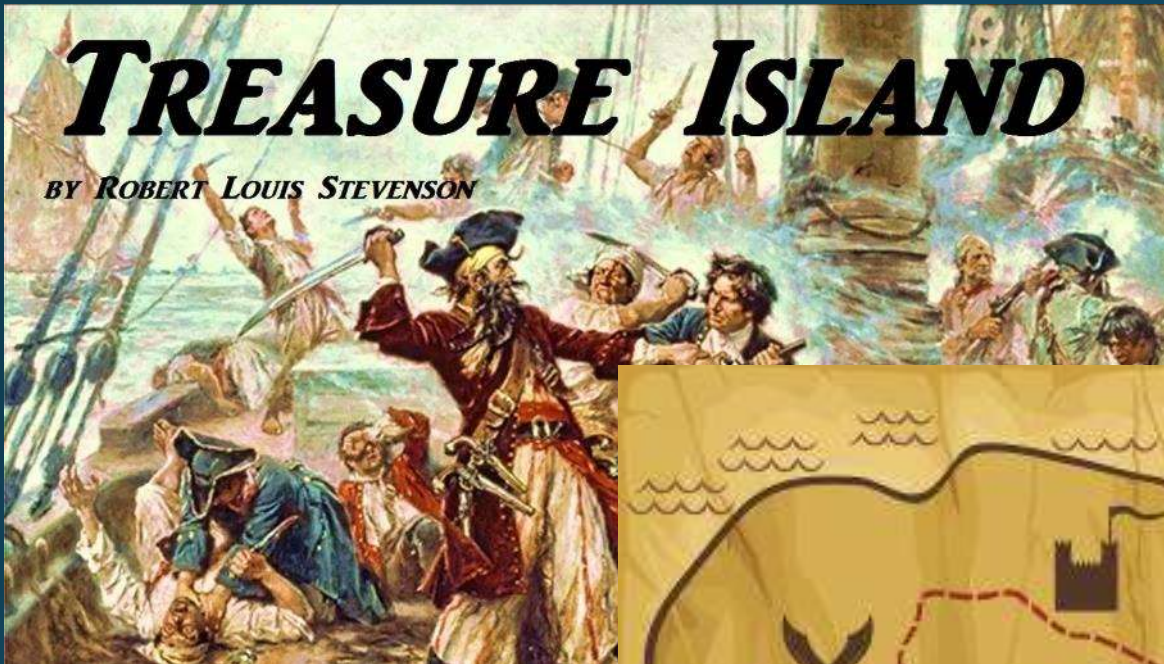
“Out of the ground the Lord God made grow every tree that was delightful to look at and good for food, with the tree of life in the middle of the garden and the tree of the knowledge of good and evil.”

—Genesis 2:9





# How to Make the Sign of the Cross





# How to Make the Sign of the Cross



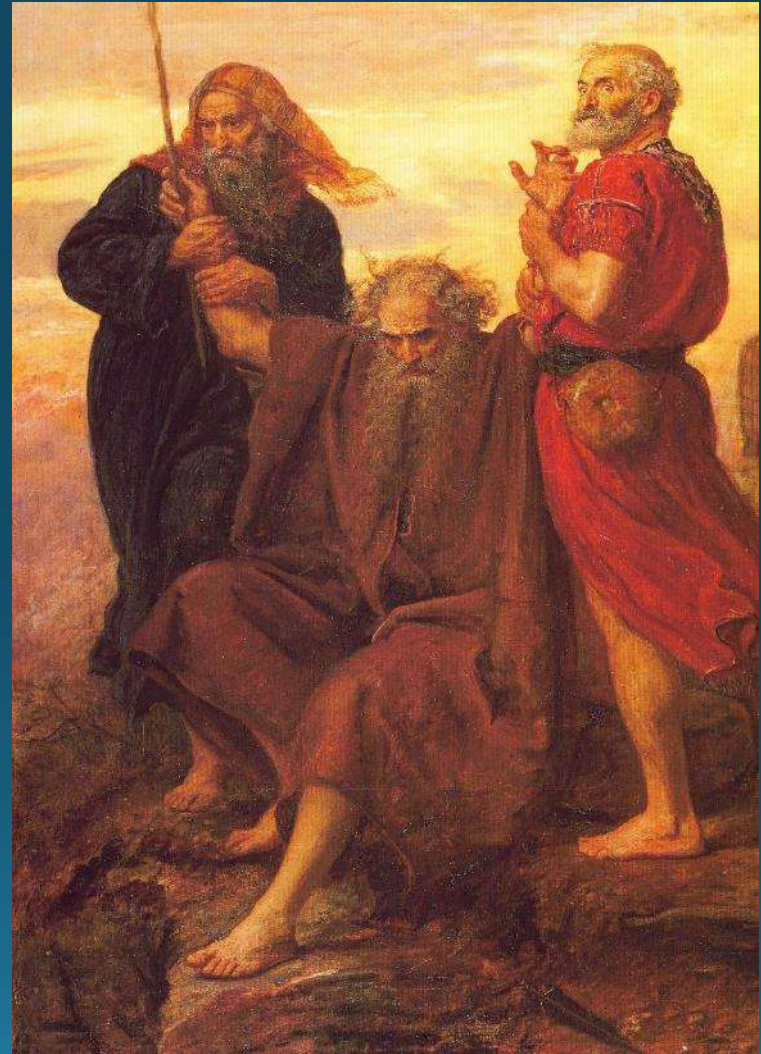
Joseph “took the two, Ephraim with his right hand, to Israel’s [i.e., Jacob’s] left, and Manasseh with his left hand, to Israel’s right, and brought them up to him. But Israel, crossing his hands, put out his right hand and laid it on the head of Ephraim, although he was the younger, and his left hand on the head of Manasseh, although he was the firstborn.”

—Genesis 48:13-14

# How to Make the Sign of the Cross

“As long as Moses kept his hands raised up, Israel had the better of the fight, but when he let his hands rest, Amalek had the better of the fight.”

—Exodus 17:8





# How to Make the Sign of the Cross



Go and “make disciples of all nations, baptizing them in the name of the Father, and of the Son, and of the holy Spirit.”

—Matthew  
28:19



# How to Make the Sign of the Cross



“Do not damage the land or the sea or the trees until we put the seal on the foreheads of the servants of our God.”

—Revelation 7:3

“Old and young, male and female, women and children—wipe them out! But do not touch anyone marked with the X.”

—Ezekiel 9:6

# How to Make the Sign of the Cross





# How to Listen to the Readings





# How to Listen to the Readings



“Listen, my son, with the ear of your heart.”

# How to Listen to the Readings

“The dialogue between God and his people taking place through the Holy Spirit...[is] an opportunity to take the word of God to heart and to prepare a response to it in prayer.”

—*Introduction to the Lectionary for Mass, 28*

# How to Listen to the Readings



“[In Isaiah and Romans] we read: ‘The Lord made his word short, he abbreviated it’. The Son himself is the Word, the Logos: the eternal word became small—small enough to fit into a manger...so that the word could be grasped by us.”

—Pope Benedict XVI

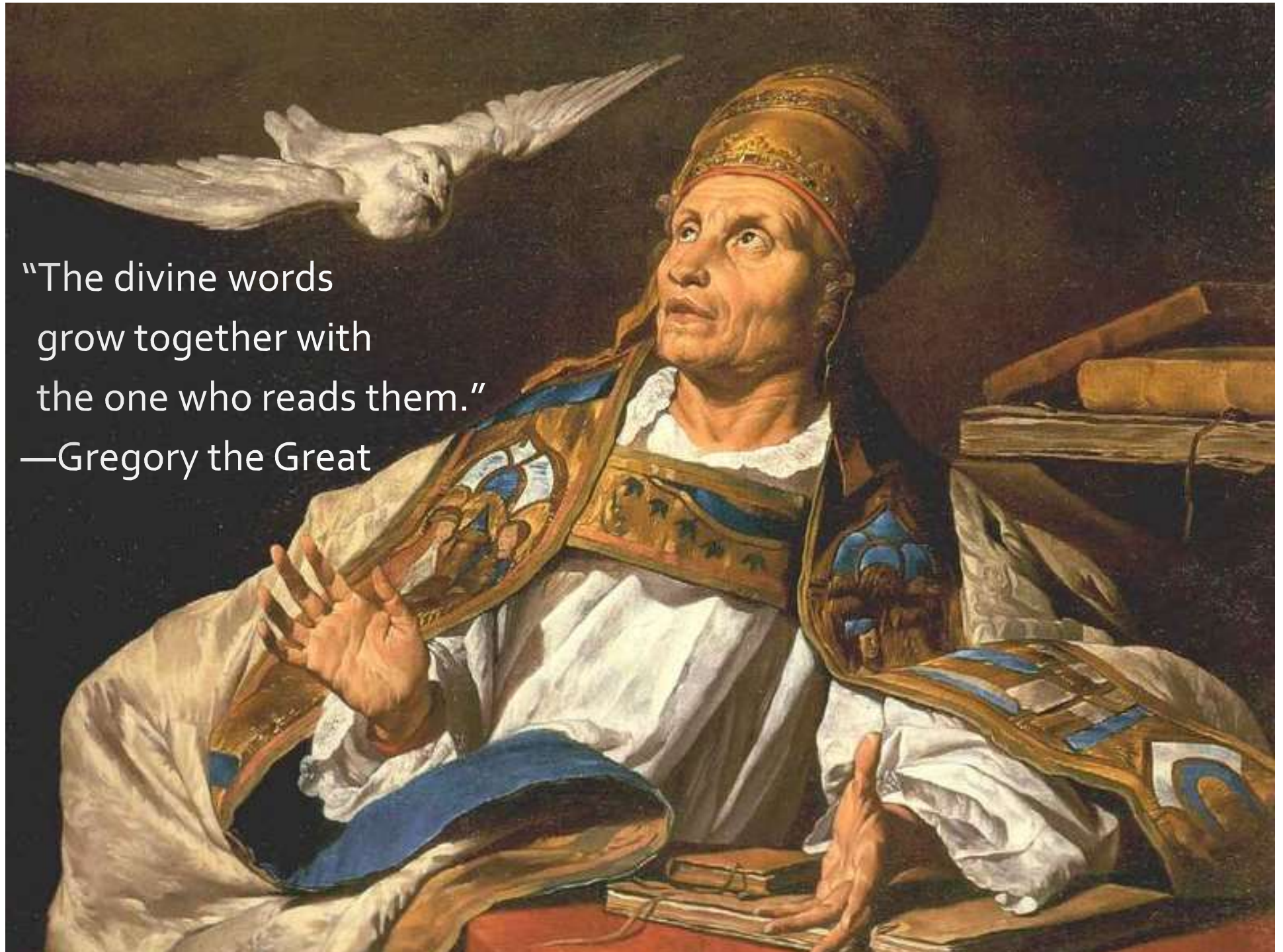


# How to Listen to the Readings

“He clothed himself in our language, so that he might clothe us in his mode of life. He asked for our form and put this on, and then, as a father with his children, he spoke with our childish state.”

—St. Ephrem





“The divine words  
grow together with  
the one who reads them.”  
—Gregory the Great



# How to Listen to the Readings

Divine Reading (*Lectio Divina*):

1. Read
2. Reflect
3. Respond
4. Contemplate
5. Act

# How to Listen to the Readings

## Divine Reading: "Read"

- What does the biblical text say *in itself*?
- "Repetition is the mother of all learning," so read, reread, and re-reread.

# How to Listen to the Readings

Jesus summoned the Twelve and began to send them out two by two and gave them authority over unclean spirits. He instructed them to take nothing for the journey but a walking stick—no food, no sack, no money in their belts. They were, however, to wear sandals but not a second tunic. He said to them, “Wherever you enter a house, stay there until you leave. Whatever place does not welcome you or listen to you, leave there and shake the dust off your feet in testimony against them.” So they went off and preached repentance. The Twelve drove out many demons, and they anointed with oil many who were sick and cured them.

—Mark 6:7-13 (15th Sunday of Ordinary Time)



# How to Listen to the Readings

## Divine Reading: "Reflect"

- Use your imagination and picture yourself in the passage.
- What does the text say *to me*?

# How to Listen to the Readings

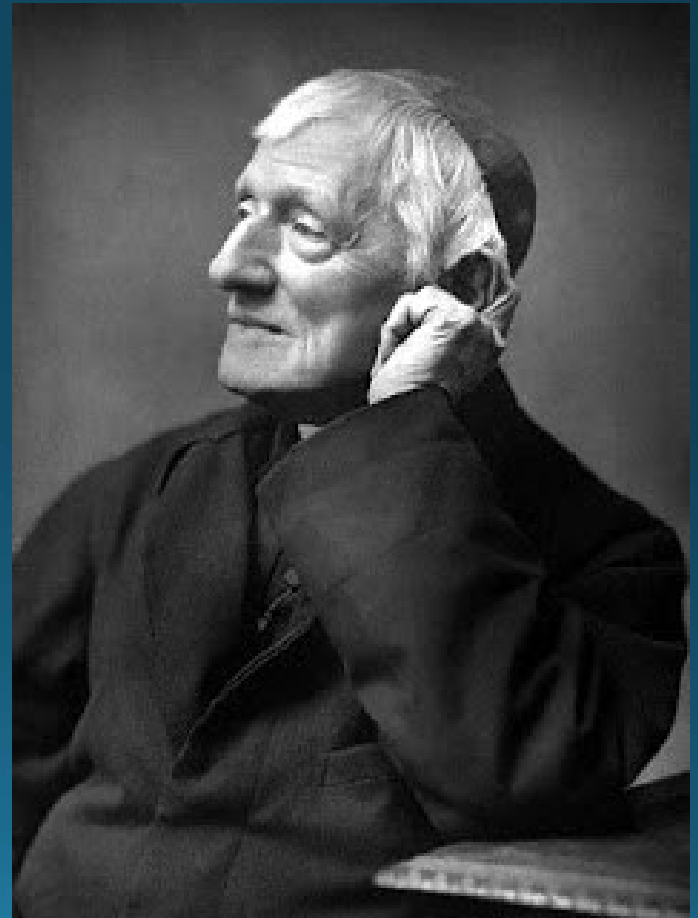
## Divine Reading: "Respond"

- From monologue to dialogue.
- What can we say *to God* in return?

# How to Listen to the Readings

Divine Reading: "Contemplate"

- "Heart speaks to heart"
- What *conversion of mind, heart and life* is the Lord asking of us?



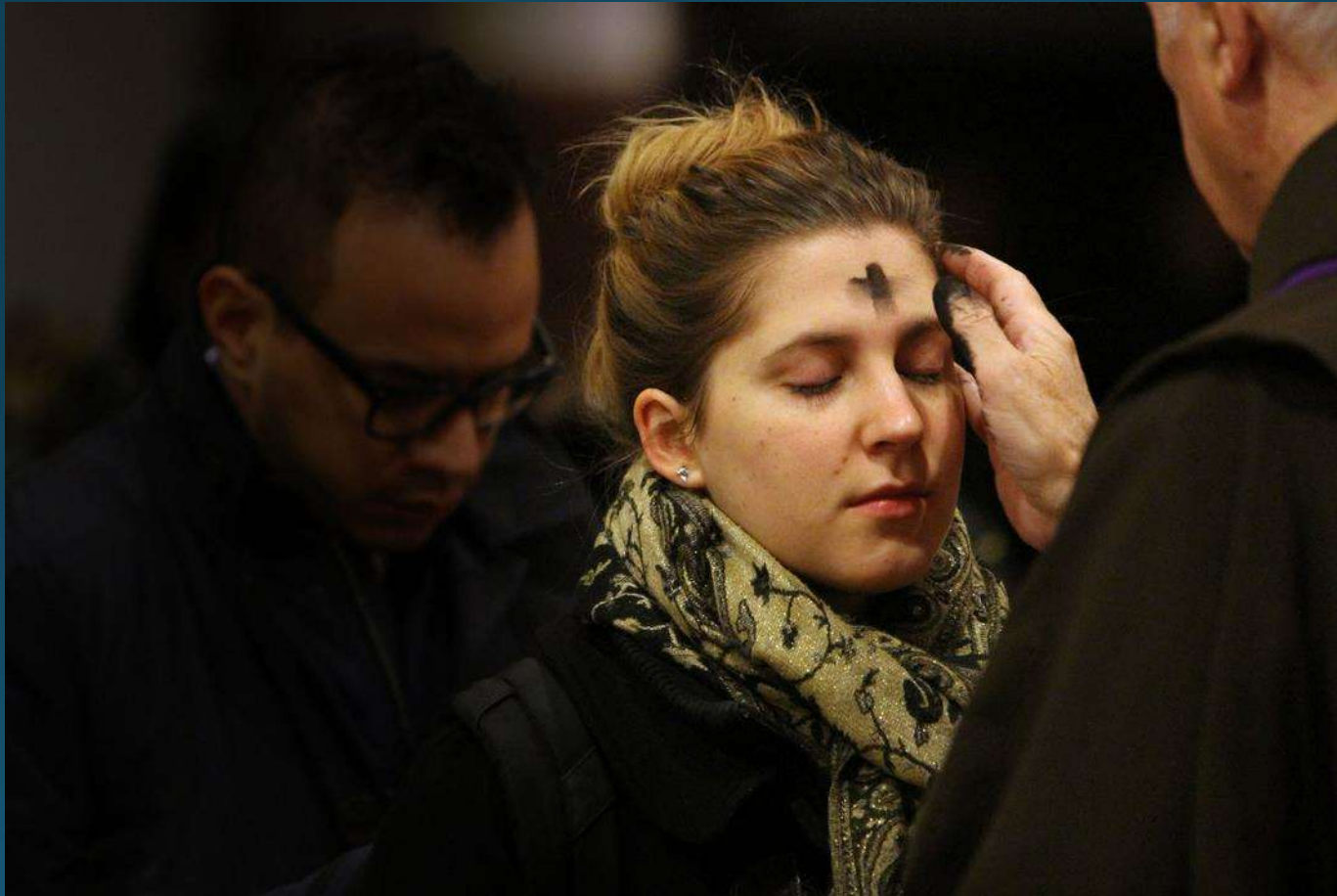


# How to Listen to the Readings

## Divine Reading: "Act"

- What will I do—specifically, concretely—in the week ahead?

# How to Prepare at the Offertory



# How to Prepare at the Offertory





# How to Prepare at the Offertory

“More precious than sacrifice is obedience.”

(1 Samuel 15:22)

“I desire steadfast love and not sacrifice.”

(Hosea 6:6)

“Do I eat the flesh of bulls, or drink the blood of goats? Offer to God a sacrifice of thanksgiving.”

(Psalm 50)

“I desire mercy, and not sacrifice.” (Mt. 9:13)

# How to Prepare at the Offertory

This type of external sacrifice “is not representation [of the heart] but replacement [of the heart], and worship with replacements turns out to be a replacement for worship. Somehow the real thing is missing.”

—Pope Benedict XVI

# How to Prepare at the Offertory







“For we are reduced, O Lord, beyond any other nation, brought low everywhere in the world this day because of our sins. We have in our day no prince, prophet, or leader, no burnt offering, sacrifice, oblation, or incense, no place to offer first fruits, to find favor with you....





But with contrite heart and humble spirit let us be received; as though it were burnt offerings of rams and bulls, or tens of thousands of fat lambs, so let our sacrifice be in your presence today and find favor before you; for those who trust in you cannot be put to shame. And now we follow you with our whole heart.” —Daniel 3:37-41



# How to Prepare at the Offertory

“With humble spirit and contrite heart  
may we be accepted by you, O Lord,  
and may our sacrifice in your sight this day be  
pleasing to you, Lord God.”





# How to Prepare at the Offertory

Pray, brothers and sisters, that my sacrifice and yours may be acceptable to God the almighty Father.

*May the Lord accept the sacrifice at your hands, for the praise and glory of his name, for our good, and the good of all his holy Church.*

# How to Prepare at the Offertory





O Jesus, through the Immaculate Heart of Mary, I offer you my prayers, works, joys, and sufferings of this day, in union with the Holy Sacrifice of the Mass throughout the world.

—*Morning Offering*



# How to Prepare at the Offertory



The Lord's angel  
"drove the fiery  
flames out of the  
furnace, and made  
the inside of the  
furnace as though a  
dew-laden breeze  
were blowing  
through it. The fire  
in no way touched  
them or caused  
them pain or harm."  
—Daniel 3:49-50

# How to Prepare at the Offertory



“Make holy,  
therefore, these  
gifts, we pray, by  
sending down your  
Spirit upon them  
like the dewfall.”

# How to Respond to the Dismissal





# How to Respond to the Dismissal

“I am the gate. Whoever enters through me will be saved, and will come in and go out and find pasture.”

—John 10:9



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# How to Respond to the Dismissal



“All of us are asked to obey [Christ’s] call to go forth from our own comfort zone in order to reach all the ‘peripheries’ in need of the light of the gospel.”

—*The Joy of the Gospel*



# How to Respond to the Dismissal



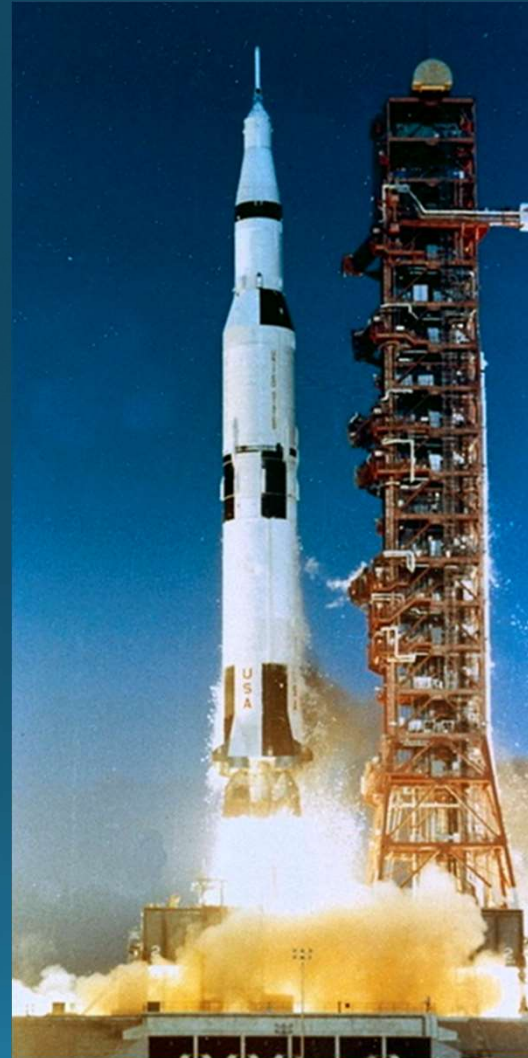
*Ex* means “out”—exoskeleton, exhale, exegesis, *ex nihilo*

*Ite* means “Go!”

# How to Respond to the Dismissal

*Ite, missa est!*  
*Deo gratias!*

“Blast out of here  
like a rocket and  
go do some good  
in the world!”



# How to Respond to the Dismissal

“The liturgical rites detonate an explosion, but the radiation from these sacramental outbursts is not intended to be contained by the blast walls of the sanctuary.... The structure of the church is designed to run in a straight line from the sanctuary, through the nave, and out the narthex: a linear structure that directs the force of the liturgical explosion onto the street.”

—David Fagerberg

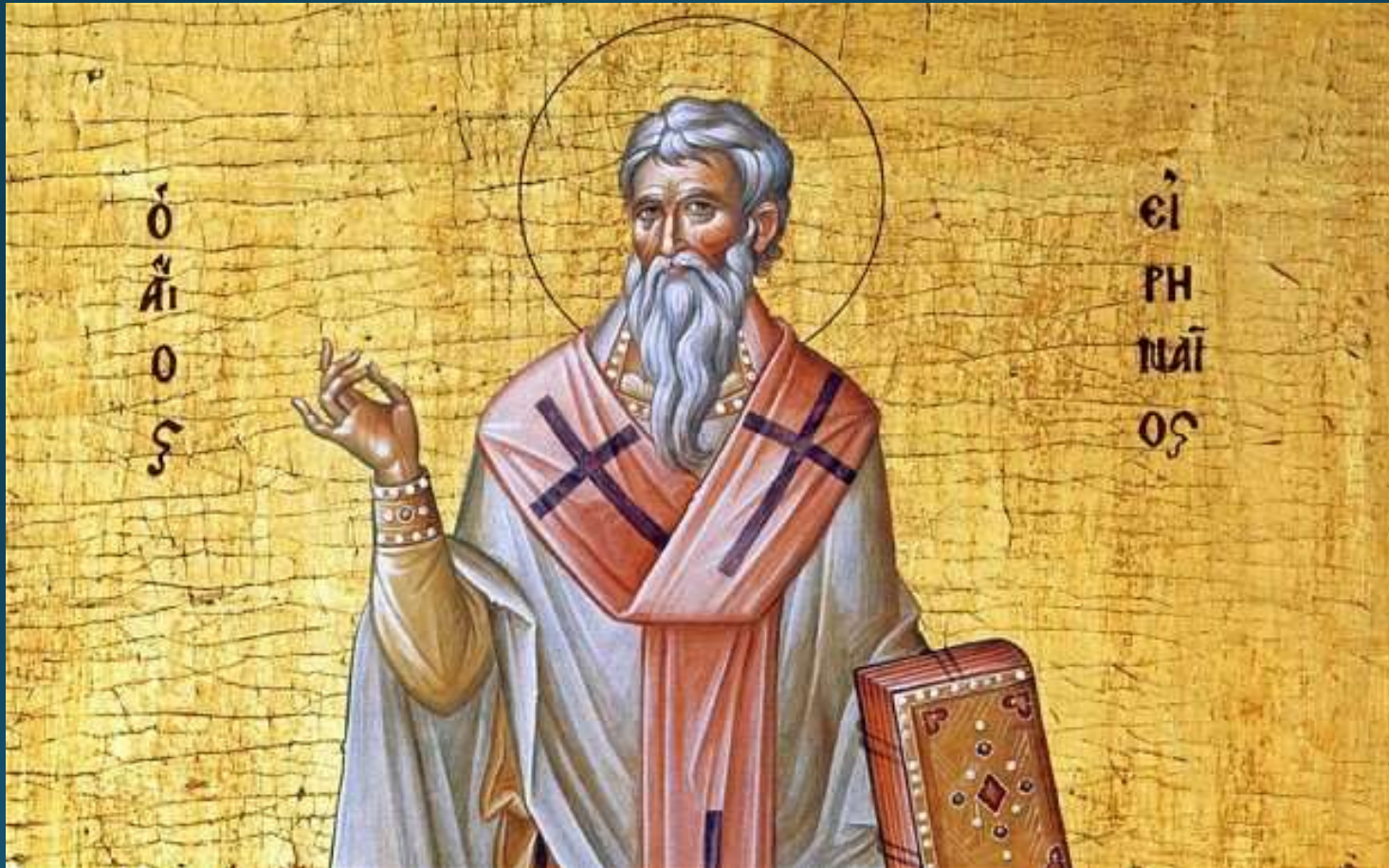


# How to Respond to the Dismissal

“The substantial conversion of bread and wine into his body and blood introduces within creation the principle of a radical change, a sort of ‘nuclear fission,’ to use an image familiar to us today, which penetrates to the heart of all being, a change meant to set off a process which transforms reality, a process leading ultimately to the transfiguration of the entire world, to the point where God will be all in all.”

—Pope Benedict XVI

# How to Respond to the Dismissal



“The glory of God is man fully alive.”

# How to Respond to the Dismissal



“Ultimately, it is the very life of man, man himself as living righteously, that is the true worship of God.”



# How to Respond to the Dismissal



“Lay believers are in the front line of Church life; for them the Church is the animating principle of human society.”

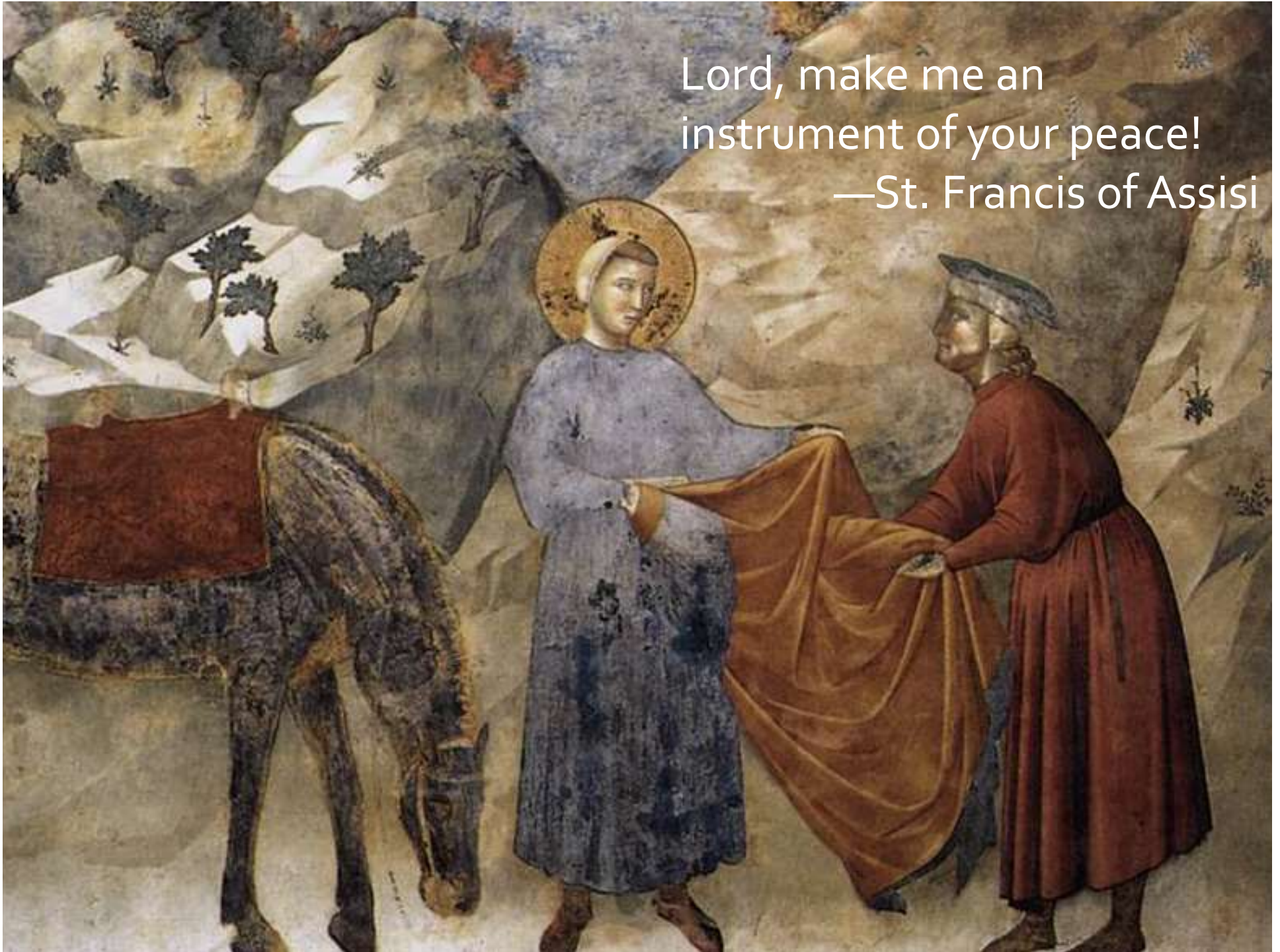
# How to Respond to the Dismissal



Ours is a “Church that goes forth”; it exists where there is combat, it is not a solid structure with all the equipment where people go to receive treatment for both small and large infirmities. It is a mobile structure that offers first aid and immediate care.”



Lord, make me an  
instrument of your peace!  
—St. Francis of Assisi





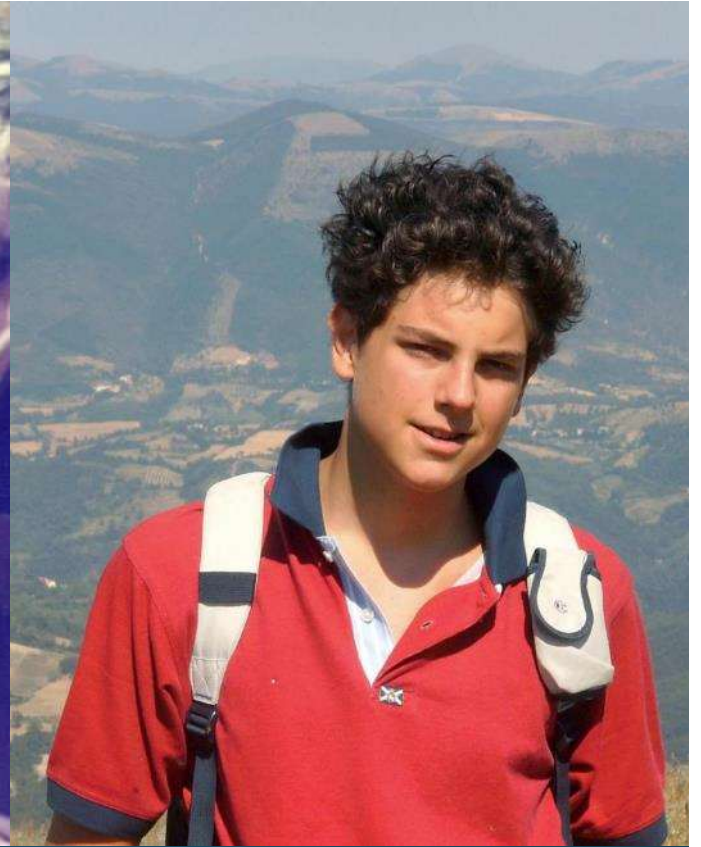
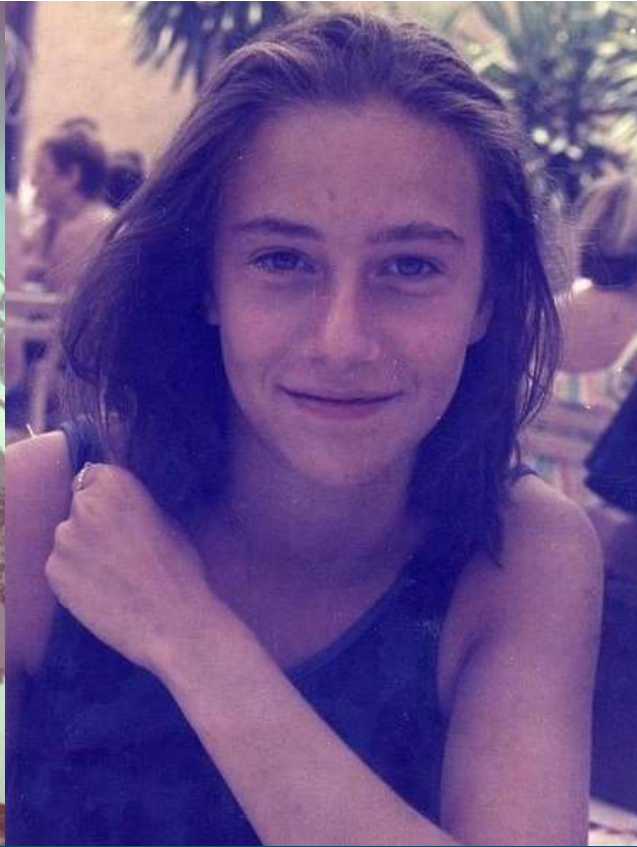
# Praying the Mass:

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“The only real sadness, the only real failure, the only great tragedy in life, is not to become a saint.”

—Leon Bloy (d.1917)