

# Helps to “Plunge” into the Sacrifice of the Mass

## I. Introduction

A. Same Sacrifice of Christ on the Cross, the manner of offering different

## II. Criterion for the reform: *full and conscious active participation of the laity*

## III. The *ex opere operato* and the *ex opere operantis*

A. “Good liturgy”

1. *Leiturgia* = God’s great work in Christ for His People
2. Man’s work – participation in the Paschal Mystery

## IV. Helps

### A. Make the Mass Central as it was for Jesus

1. Everything revolves around it: “I have a baptism to undergo and how anxious I am that it be completed.” “I have come to set a fire on earth and how I long that it be already ablaze.” “I have come that they might have life and have it to the full.” “With great desire I have desired to eat this Passover meal with you before I suffer.” “I Thirst!”

### B. Desire it

1. Jesus’ Litany of Desire
2. Example of St. John Berchmanns
3. “Ask and you shall receive!”

### C. Prepare with Regular, Fervent, Frequent Confession

1. Mary’s participation because of her purity
2. “Who shall climb the Lord’s mountain; Lord, who shall be admitted into your tent?” “The man with clean hands and pure heart.”

### D. Let the *Ordo Missae* carry you into the Mystery

1. Preparation before Mass
  - a. Silence

- b. Prayer of Preparation – Eg. *Prayer of St. Thomas*
- c. Form an intention for your Mass and Holy Communion
2. Confiteor
  - a. “Lord that I might see!” “Lord, if you will to do so, you can cure me!” “Lord, who shall enter into your holy dwelling...The man with clean hands and pure heart.”  
“Sacrifices You do not desire, but a contrite heart.”
3. Invite Mary to do for you what she did for Jesus
  - a. Fr. Van Exem to Mother Teresa
  - b. The Passion of the Christ and Mary’s role
4. Listen to Prayer
5. Attention to readings
6. “Speak Lord! Your servant listens!”
7. Ask with Jesus for the needs of His Body, the Church – His feelings, His desires, His thoughts
8. Consciously offer yourself at offertory
  - a. Paten – give up sin
  - b. Chalice – offer your sufferings
9. Begin speaking with Jesus to Father
10. Invoke Holy Spirit to come and consume Jesus’ Sacrifice and yours
11. Give yourself with Jesus giving Himself TO THE FATHER
12. With Mary say, “I’m here, Jesus! I’m here!”
13. Consciously unite yourselves with the saints in Heaven and the offerings of the Church throughout the world
14. From “Our Father” onwards, give expression to your inner desire to be united to Jesus: “Come, Jesus, Come to me!”  
“Jesus, I Thirst!”; “Come Holy Spirit, increase my desire!”  
“Deep calls unto deep, in the roar of the waters!” “The Spirit and the Bride say, ‘Come!’”
15. In Thanksgiving rest in Jesus’ arms; or rather, hold Jesus as Mary did at the Foot of the Cross and let Jesus rest in you
16. Pray a prayer of thanksgiving – Eg. *Anima Christi, Suscipe, Radiating Christ*, etc.
17. Take seriously the *Ite! Missa Est!* Go and let the Light of Christ in you radiate Eucharistic Joy onto others.
18. Be Eucharist to those away from the Eucharist – Having allowed Jesus to use you, let the others use you. “Let the people eat you up!” (Mother Teresa). But like Mother Teresa says, “I let Him use me first in Eucharistic Adoration, and then I let the Sisters and the poor use me.”