

Scripture Reading

A Reading from the Gospel according to Matthew (*Matthew 26:26-28*)

While they were eating, Jesus took bread, and when He had given thanks, He broke it and gave it to His disciples, saying, "Take and eat; this is My Body." Then He took a cup, and when He had given thanks, He gave it to them, saying, "Drink from it, all of you. This is My Blood of the covenant, which is poured out for many for the forgiveness of sins." The Gospel of the Lord. R. Praise to You, Lord Jesus Christ.

Reflection – The daily Mass, our principal source of grace on earth

The holy Mass is a re-offering, a re-presentation of Christ's supreme Sacrifice on Calvary to the Heavenly Father. Thus, the Mass and Christ's dying on the Cross on Calvary is the one same Sacrifice, with the same value. Christ, the sinless only begotten Son of God died once and for all, making for us a perfect sacrifice to satisfy the divine justice of the Heavenly Father, atoning for all sins. Mass is offered to God many times throughout the world every day to give sinners all the graces that we need to prepare ourselves fit for living with God as His sons and daughters in His glorious Kingdom to come. It is extremely important we understand the true meaning of the Mass. If we do not, we behave inappropriately during Mass, and do not render the reverence, love and awe that is due from us when the Holy Eucharist is being offered. Attending Mass is like standing at the feet of the Cross when Jesus died on Calvary. Our interior disposition must be fervent love for our Saviour, ardent adoration, loving reverence, deep humility, repentance, attention and recollection. Mass is the highest form of worship and prayer that we can offer to God. Attending Mass is the most solemn moment of our day. Through our faith and the power of God's grace, we transcend time and space to be with Jesus when He died on the Cross to atone for all sins.

The Mass replenishes grace lost due to our sins. Every time we sin, we lose some grace depending on the gravity of our sins. When we attend Mass in proper disposition, we gain graces in abundance. The Eucharist is such a great thing that if we truly understand what is happening during Mass and try to enter Christ's Spirit of sacrifice, God will reward us very generously through His graces. Is there another event or rite on earth that gives greater glory to God and that provides us with as much assurance of how much we are being loved, how precious we are to God, and that is as deeply healing and comforting to our hearts, minds and souls as is the Holy Mass? We need to reflect always on the true meaning of the Mass so that we may never become cold and presumptuous and attend Mass with a lukewarm heart.

The Mass mitigates the debt of punishment due to our sins. Even after the sin is forgiven by God, there is a debt of temporal punishment. Attending Mass with proper disposition mitigates the debt of pain due to past committed sins. Attending Mass with proper disposition increases our holiness through the reception of sanctifying graces, strengthens us to walk in God's ways through new strength due to the reception of actual graces, and gives peace through the mitigation of the debt of punishment due to our sins. Thus Jesus says: *Come to Me, all you who are weary and burdened, and I will give you rest (Matthew 11:28)*. In Mass, one of the key graces given to hearts predisposed to receive it is the grace to surrender to God. As we unite our entire selves and other souls that we care for to the bread and wine being consecrated on the altar, the Mass becomes also our personal offering/sacrifice to God as we surrender our entire lives and selves in union with the Supreme Sacrifice of Jesus. It is up to us to live this grace in our daily lives after we attend the Mass.

Conversation with Jesus: Precious Lord, please receive all my love, thanksgiving and gratitude for allowing me to be part of Your Supreme Sacrifice to God the Father when You instituted priesthood and the Holy Mass during the Last Supper when You gave the command to Your apostles: *Do this in memory of Me (Luke 22:19)*. Attending Mass is worshipping God in spirit and in truth (cf. John 4:24). You have given us a share of Your priesthood through our Baptism. Offering and surrendering our entire selves in union with the bread and wine being consecrated during Holy Mass is the best way to exercise our duty in our baptismal priesthood. The graces I will receive during Holy Mass will depend on the disposition of my heart during Mass; how I participate in Your Spirit of sacrifice, how I prepare in advance and meditated on the prescribed Scripture readings and its theme, the preparation of my intentions and petitions for the Mass; how I prepare my heart to receive its King during Holy Communion. May I always render You ardent love, fervent adoration, humble gratitude and thanksgiving when I attend Holy Mass and when You condescend to enter my heart in Holy Communion. Mary, Mother of the Blessed Sacrament, teach me to attend Mass worthily. Thank You, Jesus. Praise You, Jesus.