



### **Scripture Nugget - Transforming ourselves and the world through true worship**

*While they were eating, Jesus took bread, said the blessing, broke it, and giving it to His disciples said, "Take and eat; this is My Body." Then He took a cup, gave thanks, and gave it to them, saying, "Drink from it, all of you, for this is My Blood of the covenant, which will be shed on behalf of many for the forgiveness of sins." (Matthew 26:26-28).*

**Do this in memory of Me (cf. Luke 22:19).** When Jesus commanded His Apostles to commemorate the Last Supper, it was not merely to be a re-enactment of the meal but in essence the Holy Mass constitutes a re-presentation (makes present) of His Sacrifice on the Cross of Calvary to the Heavenly Father albeit in a non-bloody, sacramental way (cf. CCC 1366). Christ's intention is to perpetuate His Sacrifice on Calvary till He comes again in glory (cf. CCC 1323). Through the Mass, God gives us the privilege to unite with Christ's Sacrifice on Calvary, thus transcending time and space, as we participate in the divine (cf. CCC 1368). Holy Mass is the highest worship we can render God because its value is the same as that of Christ's supreme Sacrifice on Calvary; it is the same one Sacrifice, offered once and for all (cf. CCC 1367). Thus, how we should behave in Mass should correspond to how we should behave if we were standing beside our Blessed Mother at the foot of the Cross! No irreverent distraction. No careless, unholy attire. It is the most solemn event of our day!

**Entering into Christ's Spirit of sacrifice and supplication.** Holy Mass is an excellent way we can exercise our role in royal priesthood conferred on us through Baptism. It is a good practice to come early for Mass and prepare our hearts and minds for union with Christ's Sacrifice. Praying and meditating the sorrowful mysteries of the Rosary helps us get rid of distractions and enter Christ's Spirit of sacrifice and supplication. As we meditate on and lift up our intentions for the Mass, through prayer and in spirit, we can bring the souls of all poor sinners to the altar, uniting all human lives, prayers, work, sufferings and crosses to the chalice of wine to be offered during this Mass so that at the point of Consecration, these will be united to that of Christ and His supreme Sacrifice on Calvary (cf. CCC 1368). Through the power of the Precious Blood into which the wine will be transformed, we beseech the Lord to render these offerings meritorious, redemptive and infinite in value like that of His own life and total self-giving (cf. CCC 1368). Thus, through the Mass we can exercise our role in baptismal priesthood and participate in a mighty way in Christ's mission of saving souls.

**Conversation with Jesus:** Precious Lord, thank You for the very wondrous gift of the Holy Eucharist which holds Your Real Presence. How much graces my poor heart can receive during Holy Mass depends on how open my heart is. Give me a great love for and deep understanding of the Holy Mass. Help me enter into Your Spirit of sacrifice so that in union with You, Your Sacrifice becomes my own in glorifying our Heavenly Father. Give me Your great love for poor souls so that I too can bring them in spirit to be united to Your Sacrifice, so that many lives can be transformed for the glory of God the Father. In my union with You, enlighten my mind that I may discern and see things as they are in Your eyes, purify my heart so that I may be less attached to myself and love others more, and infuse in my soul a deep abiding love for You and all that You stand for. Mary, Mother of Salvation, pray for me. Thank You, Jesus. Praise You, Jesus.