

Scripture Reading

A Reading of 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 Most Beautiful Act in the World Continued in Me

The holy sacrifice of the Mass – the greatest and most important event occurring every day in the life of the world. It was Fr. Pio (St Pio) who said that it would be easier for the world to survive without the sun than to do so without the Holy Mass. The Mass is the main source of God's grace. It is by grace through our faith in Jesus Christ, our personal Saviour that we are saved.

The Mass – A continuation of Christ's Sacrifice on Calvary. Christ is the blemish-free, perfect sacrifice (cf. Hebrews 9:14) on the cross for our sins which hurl offence at our holy God. As man, Jesus represents all humankind and as Son of God He is the only worthy one to blot out our offences and completely satisfy His Father's divine justice through His perfect sacrifice, a perfect act of love and obedience. He is the only gold coin we need to render to God's justice for all our offences. Out of His personal love for me, Jesus has done for me what no one on earth has done. Through the eyes of my faith, I truly behold the same Victim, Jesus as likewise did the mob that stood at the foot of the cross. Only this time He is on the altar hidden under the appearance of bread and wine.

In the Mass Jesus continues His supreme act of love for me. He is there on the altar solely for my sake. He is doing all the things I should be doing: begging pardon for my sins and making reparation, adoring the Blessed Trinity, rendering thanksgiving for the many graces, blessings and gifts received and petition for my daily needs and assistance. Many graces are poured out on me during Mass. I receive them in proportion to my love and devotion to Jesus. Do I receive them well? Is my heart transformed by the Mass?

The Mass belongs to Jesus and me. In the Mass Jesus is the Victim, the Sacrifice and also the High Priest. The Mass belongs to Jesus who instituted it solely for my sake. It is also mine. He instituted it to continue His supreme act of love and salvation, to remind me of His sorrowful Passion that He underwent for me, the selfless love that He holds in His heart for me, to be a limitless source of grace for any need or problem in my daily life so that I may live life fully, to invite me to be part of His salvific action, for me to be in union with Him in His important mission for the world. What is my response to His invitation, His love?

Conversation with Jesus

Precious Lord, thank you from the bottom of my heart for the sacrifice of Yourself to our Heavenly Father for my salvation, my eternal good and help in all my daily earthly problems. Open my eyes to Your unconditional love in the holy sacrifice of the Mass so that I may have a great desire to make daily Mass the central, most important activity in my daily life. Help me enter more deeply into Your Spirit of sacrifice during the Mass so that I may have a better insight of Your love and be better disposed to receive more graces from the Mass. Help me to continue in my daily life Your Spirit of self-offering after each Mass. In union with You, Jesus in each Mass celebrated throughout all time I offer to our Heavenly Father throughout the day each act in my daily life for the salvation of all souls which are so precious to You. Within this self-offering, I will exercise greater self-control and mortification and seek not to please myself or people but to please You in all things. I accept all adversities and troubles that come my way patiently and offer them to You. Help me recognise all the graces You place in my life and respond to them in accordance with Your will, not mine. In my imitation of Yourself in self-offering grant that I may earn great peace of mind for myself on earth and lasting merits in Your Kingdom that never end. Mary, Mother of Salvation, pray for us. Thank You Jesus. Praise You Jesus.