



## Scripture nugget – The Essence of Holy Mass

*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).*

**Standing at the foot of the Cross with Mother Mary and St John.** The holy Mass is the sacramental re-presentation of Christ’s once-and-for-all Sacrifice on Calvary in a bloodless way to the Heavenly Father (cf. CCC 1366). The essence of the Mass is its sacrificial character rather than its meal aspect (i.e. Last Supper) as is the focus of Protestant devotion. Understanding and reminding ourselves of this truth bring about renewed attitudes and mindset on the true worship that we are very privileged to partake every time we attend Mass and unite our entire selves to Christ in His supreme Sacrifice on Calvary. By faith and God’s grace, we transcend time and space to stand, so to speak, at the foot of the Cross to keep company with the Crucified Christ. Our Mass liturgy is not about us, it is all about God. It is not about how “lively” the Mass or its music is, but rather how much we strive to unite with Christ and enter into His Spirit of sacrifice during Mass in an act of adoration, of love, of reverence, of awe, of gratitude in the profound submissive silence of our adoring, tender hearts and the focused attention of our alert minds. Yes, indeed, the Mass is the most solemn but uplifting event of our day. How blessed we are if we prioritize the Mass to be at the top of our daily activities (cf. Matthew 6:33).

**Bringing the world to the feet of Christ during Mass.** The intrinsic value of the holy Mass is the same in every Mass and is equal to the value of the supreme Sacrifice of Christ on Calvary. However, the graces we draw down on ourselves and the world also depend on the degree of love and devotion in our hearts and our inner disposition during Mass. As Jesus said to the two blind men, He says to us: it will be done to us according to our faith (cf. Matthew 9:29). Mass is an excellent opportunity for us to exercise our common baptismal priesthood to pray and offer Christ’s Sacrifice for the whole world. *You made them a kingdom and priests for our God, and they will reign on earth (Revelation 5:10).* Through faith and God’s grace, during Offertory we unite to the bread and wine on the altar all that we desire to be consecrated and transformed: our entire selves with all our intentions, all human lives, sufferings, all families, all countries, our Church, trials, problems, or difficulties.

**Conversation with Jesus:** Precious Lord, thank You for instituting the Mass in order to perpetuate Your Sacrifice on Calvary. Every part of the Mass from the penitential rite to the liturgy of the Word serves to prepare my mind, my heart and my soul for my union with You. I deeply appreciate this opportunity to be in union with You and the Militant Church, the Suffering Church and the Triumphant Church in offering to our Heavenly Father Your own precious Body and Blood in atonement for all sins. Give us a deep understanding and love of the Mass. I deeply desire to receive the maximum graces for every Mass that I partake in, uniting my entire self including my intentions, all human lives, sufferings and crosses to the Offertory bread and wine on the altar so that they can be transformed to be meritorious and redemptive like Your Sacrifice on Calvary. Mary, Mother of Salvation take my heart and give me yours so that I can receive Jesus with your love and your devotion in Holy Communion. Thank You, Jesus. Praise You, Jesus.