

## Scripture Reading

### A Reading of the Gospel according to John (John 4:23-24)

Yet a time is coming and has now come when the true worshipers will worship the Father in the Spirit and in truth, for they are the kind of worshipers the Father seeks. God is spirit, and His worshipers must worship in the Spirit and in truth. The Gospel of the Lord. R. Praise to You Lord Jesus Christ.

### Reflection – Transcending time and space to be on Calvary

**Mass - the re-enactment of Christ's supreme Sacrifice on Calvary.** That night before Jesus died He transubstantiated bread and wine into His own Body and Blood, and consecrated them separately to God the Father, indicating the shedding of His blood and death the next day on Calvary when the Sacrifice of Himself to God the Father was fulfilled. Jesus came to earth in flesh so that He can die on Calvary in atonement for the sins of mankind. The Mass is a Sacrifice of propitiation of our sins. Our union with the Sacrifice of Jesus during Mass reduces the punishment we deserve by our sins. Every sin has a debt of penalty. Mass is the best reparation for our sins which have been confessed and forgiven.

**Mass - transcending time and space to be present in spirit at the foot of the Cross on Calvary on which Jesus died.** Through faith in the greatness of God, the Eternal Now for whom time has no constraints, followers of Christ are able to participate in spirit in Christ's supreme act of Sacrifice more than 2,000 years ago. Attending Mass is like standing in spirit at the foot of the cross on which Jesus died. It is through our faith, love and devotion that we can be present in spirit at that precious moment when our Lord breathed His last breath to give us eternal life and happiness through His own death and sorrow.

**Mass - a participation in the eternal liturgy taking place unceasingly in heaven (CCC 1139).** Our catechism tells us our Lord Jesus, our Eternal High Priest offers unceasingly a sacrifice of praise to our Heavenly Father in the heavenly liturgy with the holy Mother of God, the apostles, all the saints, and the multitude of those who have already entered the Kingdom (cf. CCC1187). Through our faith, love and devotion, we participate in spirit in the eternal heavenly liturgy wherein Jesus is the High Priest and the Sacrificial Lamb. *They serve at a sanctuary that is a copy and shadow of what is in heaven. This is why Moses was warned when he was about to build the tabernacle: "See to it that you make everything according to the pattern shown you on the mountain."* (Hebrews 8:5).

**Mass - the greatest worship, adoration, praise and thanksgiving we can offer God as it is the Sacrifice of Jesus, our Sacrificial Lamb and of ourselves united to Jesus.** Mass is worshipping God in spirit and in truth. God commands that we worship Him and no one else. What He wants most from us is the offering of our total selves: our hearts, our minds, our wills, our lives. By ourselves we can hardly offer anything pleasing to God. However, through the graces Jesus won for us through His life, death and Resurrection, we are given the strength to offer our entire selves in the footsteps of Jesus. *Christ died for all, that those who live should no longer live for themselves but for Him who died for them and was raised again* (cf. 2 Corinthians 5:15).

**Mass - is the greatest prayer of petition.** Our needs are tremendous: physical, emotional, spiritual. We come before the altar of God, uniting ourselves to Jesus pleading on our behalf. Through Mass, depending on our interior disposition, we are transformed in mind, heart, body, spirit and soul. We are strengthened to walk on the true path to our salvation. Our passions are curbed. Our minds are enlightened. Our souls filled with sanctifying grace. All our needs are listened to by God who is our Providence. Mass is the most powerful healing ritual that anyone can find on earth as God is the source of all healing. It is also an ideal opportunity for us, the members of the Mystical Body of Christ to exercise our baptismal priesthood to bring, in spirit, to the altar and unite with the bread and wine all children of God that are not present so that upon Consecration human hearts and minds are also transformed and all of humanity brought closer to God through the saving graces poured out during Mass. Thus, we share in the saving mission of Christ in exercising our common priesthood, conferred on us through Baptism.

### Conversation with Jesus

Precious Lord, You are my Eternal High Priest and my Sacrificial Lamb to God. You did not hesitate to give Your all for my eternal life and happiness. Help me imitate You to give You my all so that united to Your eternal heavenly liturgy during Mass we may render a perfect Sacrifice of Praise to our Heavenly Father, worshipping Him in truth and Spirit as He demands of us. Mary, Mother of Salvation, pray for me. Thank You, Jesus. Praise You, Jesus. [www.twohearts.hk](http://www.twohearts.hk)