

Mass Appreciation Guide



Scripture, quotes and vignettes of adoration,
Mass and Holy Communion prayers,
and Prayer of Spiritual Communion



f we really understood the Mass,
we would die of joy.

- Saint John of Vianney ⁶

hile 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."

Matthew 26: 26 NABRE

While they were eating, he took bread, said the blessing, broke it, and gave it to them, and said, "Take it; this is my body."

Mark 22:19 NABRE

Then he took the bread, said the blessing, broke it, and gave it to them, saying, "This is my body, which will be given for you; do this in memory of me."

Luke 22:19 NABRE

Jesus said to them, "Amen, amen, I say to you, unless you eat the flesh of the Son of Man and drink his blood, you do not have life within you. Whoever eats my flesh and drinks my blood has eternal life, and I will raise him on the last day. For my flesh is true food, and my blood is true drink. Whoever eats my flesh and drinks my blood remains in me and I in him."

John 6:53-56 NABRE



Sunday doesn't just prepare us
for the week ahead—
it prepares us for eternity.

- Mark Hart ¹



Without the Holy Eucharist there
would be no happiness in this
world; life would be insupportable.
When we receive Holy Communion,
we receive our joy and our happiness.
The good God, wishing to give Himself
to us in the Sacrament of His Love,
gave us a vast and great desire, which
He alone can satisfy.

- Saint John Vianney ²



hen we attend Mass:

1. We acknowledge that we are all sinners in need of God's forgiveness
2. We recognize that only God can save us
3. We proclaim that Jesus Christ, God's only begotten Son, died on the Cross, was buried and rose again for the forgiveness of our sins
4. We welcome the same Christ, who died on the cross at Calvary, into our mouth and into our stomachs, body, blood, soul and divinity—and become one with Him in an unspeakable way.



Devout participation at Mass
fulfills man's 4 obligations
to God.

1. Honor and praise—
right worship
2. Justice for our many sins
3. Thanksgiving and gratitude
for His immense grace
and blessings towards us
4. Supplication to the giver
of all
good gifts.

- *Saint Leonard of Port Maurice* ⁴



ur Sabbath
practices
reveal which Trinity
we truly worship:
Father, Son,
and Spirit...
or me, myself, and I.

- Mark Hart ¹



No human tongue can
enumerate the favors
that trace back to the
Sacrifice of the Mass.
The sinner is reconciled
with God;
the just man becomes
more upright;
sins are wiped away;
vices are uprooted;
virtue and merit increases;
and the devil's schemes
are frustrated.

- *Saint Lawrence Justinian* ⁵



It would be easier
for the world
to survive
without
the sun
than to do so
without
the Holy Mass.

- Saint Pio of Pietrelcina ⁵



martyrdom is
nothing
in comparison
with the Mass,
because martyrdom
is the sacrifice of man
to God,
whereas the Mass
is the Sacrifice
of God
for man!

- Saint John Marie Vianney ⁵



All the praise, the love,
the veneration,
the worship, the thanksgiving,
which Christ presents
to the ever-blessed Trinity
in every Mass
far transcends all the praise
of the angels, the adoration
of the saints, so far, indeed, that
were all the penances, the prayers,
the good works of apostles, martyrs,
confessors, virgins, and all saints
offered to the Holy Trinity,
they would be less pleasing
to the Divine Majesty
than one single Mass.

- Venerable Martin von Cochem ³



od Himself
cannot bring about
an action holier and greater
than the celebration
of Holy Mass.

Why?

Because Holy Mass
can be said to be
the synthesis summing up the
Incarnation and Redemption.
It contains the Birth, Passion
and Death of Jesus.

- *Saint Alphonsus Liguori* ⁵



The celebration
of Holy Mass
has the
same value
as the
Death of Jesus
on the Cross.

- *Saint Thomas Aquinas* ⁵



At Mass, Christ removes
many of the
imperfections
attaching to our
good deeds and
forgives our sins,
unknown or forgotten,
which we have never
mentioned in confession.

- Venerable Martin von Cochem ³



you deluded people,
what are you doing?

Why do you not hasten
to the churches to hear
as many Masses as you can?
Why do you not imitate the
angels, who, when a
Holy Mass is celebrated,
come down in myriads from
Paradise and take their stations
about our altars in adoration
to intercede for us?

- *Saint Leonard of Port Maurice* ⁴

 now, O Christian,
that the Mass
is the holiest act of religion.

You cannot do anything
to glorify God more,
nor profit your soul more,
than by devoutly assisting at it,
and assisting
as often as possible.

- *Saint Peter Julian Eymard* ⁵



One merits more
by devoutly
assisting at
a Holy Mass
than by distributing
all of his goods
to the poor
and traveling
all over
the world
on pilgrimage.

- *Saint Bernard of Clairvaux* ⁵



By hearing Mass
devoutly,
thou can also
enrich thy soul
more than by
aught else
in the world.

For this act
thou dost perform
a good work
of the highest value.

- Venerable Martin von Cochem ³



f the poison of pride swells up in you,
turn to the Eucharist; and that bread,
which is your God humbling and
disguising Himself, will teach you humility.

If fever of selfish greed rages in you,
feed on this Bread; and you will learn generosity.

If the cold wind of selfishness and self-interest
saddens you, hasten to the Bread of angels;
and charity will come and blossom in your heart.

If you feel the itch of intemperance, nourish
yourself with the Flesh and Blood of Christ,
who practiced self-control during His earthly life;
and you will become temperate. If you are lazy
and sluggish about spiritual things, strengthen
yourself with Heavenly food; and you will grow
fervent. Lastly, if you feel scorched by fever of
impurity, go to the Banquet of the angels;
and the immaculate Flesh of Christ
will make you pure and chaste.

- *Saint Cyril of Alexandria* ⁵



ut of the darkness
of my life,
so much frustrated,
I put before you
the one great thing
to love on earth:
the Blessed Sacrament....

There you will find
romance, glory, honor,
fidelity, and the true way
of all your loves
upon earth,....

- J.R.R. Tolkien ²



Without doubt,
the Lord grants

all favors
which are asked
of Him in Mass,
provided
they be
fitting for us.

- *Saint Jerome* ²



At a point in time when Jews and Romans thought they were going to eliminate the thorn in their side, Christ institutes the Eucharist, which makes Himself present throughout time.



Through thy diligence
in hearing Mass
thou wilt obtain:
corporal and spiritual
blessings;
preservation from
many misfortunes; and
strength against temptations
which would
otherwise
have vanquished thee.

- Venerable Martin von Cochem ³



ou will find all
in the Eucharist—
the warm words
you want to hear,
the knowledge
and miracles
you need,
yes, even
the miracles.

- *Saint Peter Julian Eymard* ⁵



Short of the
Beatific vision,
Mass is the
most intimate
and intense encounter
with God possible.

- *Bishop Robert Barron* ⁶



Mass
materializes
Christ's incarnation,
the last supper,
His passion,
His crucifixion
and resurrection.

- Based on *Catechism of the
Catholic Church*, Article 3 ⁸



no longer take pleasure
in perishable food
or in the delights
of this world. I want only
God's bread, which is
the Flesh of Jesus Christ,
formed of the seed of David,
and for drink
I crave His Blood
which is love
that cannot perish.

- *Saint Ignatius of Antioch* ⁷



e are

privileged

to be called out

of the World to participate

in the one eternal liturgy—

the Heavenly Mass—

the “Wedding Feast of the Lamb”

which takes place

within His

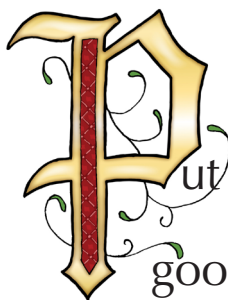
inner chamber / sanctuary.

- *Bishop Robert Barron* ⁶



he best help,
the greatest
consolation,
thou canst afford
the afflicted,
the sick,
the dying,
is to hear Mass
for them.

- Venerable Martin von Cochem ³



Put all the
good works

in the world
against one
Holy Mass;
they will be
as a grain of sand
beside a mountain.

- *Saint John Vianney* ⁵

A large, ornate initial letter 'A' in a medieval or gothic style. The letter is gold with a red cross-hatched interior. It is surrounded by white and green decorative flourishes.

At Mass,
we participate
with all
the saints,
angels and
heavenly hosts.

- *Catechism of the Catholic Church* 325 ⁸



He is The Bread
sown in the virgin,
leavened in the Flesh,
molded in His Passion,
baked in the furnace
of the Sepulchre,
placed in the Churches,
and set upon the Altars,
which daily supplies
Heavenly Food to the faithful.

- *Saint Peter Chrysologus* ²



Like the days of old,
Christ will be
performing a miracle for us.

Right in front of our eyes
He will change
our meager gifts
into His very body
and blood.

- Bishop Robert Barron ⁶



What a lovable
contrivance this
holy Sacrament was—
that You would hide
under the appearance
of bread to make Yourself
loved and to be available
for a visit by anyone
who desires You!

- *Saint Alphonsus Liguori* ²



heaven and earth
is its thinnest
at Mass.

- Bishop Robert Barron ⁶



heard will do more
to mitigate the pains
of purgatory
than any act of penance,
however difficult
of performance.

- *Venerable Martin von Cochem* ³



he offering
of Christ's
sacrifice at Mass
holds God's justice
at bay.

At Mass
the heavenly treasury
is open.

- *Saint Leonard of Port Maurice* ⁴



The courtly
procession

begins the Mass.

Candles and incense
remind us we are
participating in a great
mystery where we hear,
see, taste and sense
differently.

- Bishop Robert Barron ⁶



he procession
represents all
that has been created
and
continuously proceeds
from the creator.

- *Bishop Robert Barron* ⁶



we profess
Christ as Savior
and King
and mark
(brand) ourselves
as His.

- *Bishop Robert Barron* ⁶

ith the
general
confession
of our sins
at Mass
all venial sins
are washed away.

- *Catechism of the Catholic Church 1394* ⁸



Our Profession
of faith
declares victory
over Arius.
Confirming that
Christ is
God from God—
Consubstantial with the Father.

- *Bishop Robert Barron* ⁶



In a way the
Nicene Creed
can be thought of
as a disinfectant—
the proclamation of truth
over wrong ideas, novelties,
and easy heresies
that can contaminate
the life of faith.

- Bishop Robert Barron ⁶



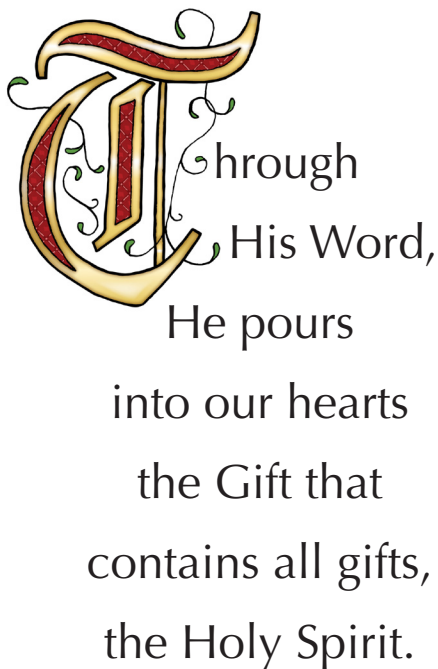
No prayers
offered
for thy friends
will be as efficacious
as a single Mass
heard and offered
on their behalf.

- Venerable Martin von Cochem ³



Jesus said,
"If you make
my word
your home
you will indeed
be my disciples,
you will come
to know the truth,
and the truth
will set you free."

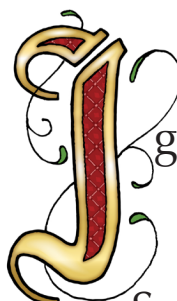
- John 8: 31 – 32 ⁹



- *Catechism of the Catholic Church 1082* ⁸



- Based on *Galatians 4: 5* ⁹



Ignorance
of
Scripture
is
ignorance
of Christ.

- *Saint Jerome* ⁶



The Liturgy
of
The Word
is the story
of us being brought
evermore
into the right praise
of God.

- *Bishop Robert Barron* ⁶



Let us listen
to scripture
so we

might grow
in union
with the true God
who alone
is worthy
of imitation.

- *Bishop Robert Barron* ⁶



...Our gifts also say,
“this is the measure with
which we dare to give
ourselves to you.”

- *Bishop Robert Barron* ⁶



When we
speak the

words “Our Father,”

we recognize

Christ’s selfless sacrifice—
the price of our adoption.

- Based in *Galatians* 4: 6-7 ⁹



For each Mass
we hear
with devotion,

Our Lord sends a saint
to comfort us
at death.

- Based on *Revelation to St. Gertrude* ⁵

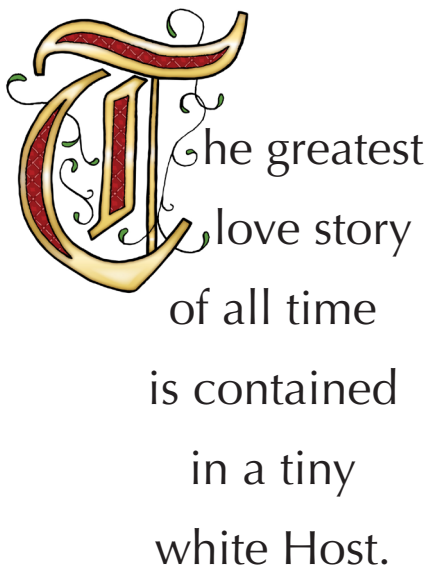


- *Catechism of the Catholic Church* 1324 ⁸



The Eucharist
is the
consummation
of the
whole spiritual life.

- *Saint Thomas Aquinas* ¹⁰



- Venerable Archbishop Fulton J. Sheen ²



hen you
look at
the Crucifix,
you understand how much
Jesus loved you then.
When you look at the
Sacred Host
you understand how much
Jesus loves you now.

- Saint Teresa of Calcutta ²



t is in
the
sacraments,

especially
the Eucharist,
that Christ Jesus works
in fullness
for the transformation
of men—

- *Catechism of the Catholic Church 1074* ⁸



ur gifts

include

the body and blood
of His only begotten Son,
Jesus Christ,
whose infinite worth
redeems our infinite debt.
Our gifts represent the
whole of the universe.

- Venerable Louis of Granada ¹¹



The Eucharist
teaches a love
that goes beyond telling.
It teaches self-sacrifice and
an unequalled lesson
in humility
and self-effacement.
It teaches patience
and unrestricted
dedication.

- *Father Stefano Manelli* ⁵



Man should
tremble,
the world

should quake,
all Heaven should be
deeply moved
when the Son of God
appears on the altar
in the hands of the priest.

- *Saint Francis of Assisi* ²



he Eucharist
is the
very essence
of that
which overcame
sin and death.

- Based on *John 6: 22 – 71* ⁹



he Eucharist
is the
supreme proof
of the love of Jesus.

After this, there is nothing
more but Heaven itself.

- *Saint Peter Julian Eymard* ³



The elevation of the bread signifies the complete surrender we make of it and of ourselves into the hands of God.

...The priest blesses the water before it is mixed with the wine, praying that by the mystery of this water and wine we may be made partakers of His divinity, Jesus Christ, Who became partaker of our humanity.

The wine is not blessed, because it represents Christ, the Eternal Son of the Father, the source of all benediction.

The water represents our human nature, which stands in great need of blessing.

The mixture of the wine and water is said by theologians to represent the union of the divine and human nature in Our Lord.

- *Venerable Martin von Cochem* ³

A decorative initial letter 'F' in a gold color with a red vertical stripe and green vine-like flourishes. It is positioned at the start of the first line of text.

For One in such a
lofty position to stoop
so low is a marvel that is staggering.
What sublime humility and humble
sublimeness, that the Lord of the
Universe, the Divine Son of God,
should stoop as to hide Himself
under the appearance of bread for
our salvation! Behold the humble
way of God, my brothers.

Therefore, do not hold yourselves to
be anything of yourselves, so that you
may be entirely acceptable to One
Who gives Himself entirely to you.

- *Saint Francis of Assisi* ⁵



he Eucharist
is the link
that binds
the Christian family
together.

Take away the Eucharist
and you have
no brotherliness left.

- *Saint Peter Julian Eymard* ⁵



marvelous Sacrament!
How can I find words to
praise you! You are the life of
the soul, the medicament healing our
wounds, our comforter when we are
overburdened, the memorial of
Jesus Christ, the proof of His love,
the most precious precept of His
testament, our companion in the
pilgrimage of life, the joy sustaining
us in our exile, the burning coal
kindling the fire of divine love,
the instrument of grace,
the pledge of eternal bliss and
the treasure of Christians.

- *Venerable Louis of Granada* ¹¹

eceive Communion
often,
very often...

there you have
the sole remedy,
if you want to be cured.
Jesus has not put
this attraction
in your heart for nothing.

- *Saint Thérèse of Lisieux* ²



A large, ornate initial letter 'H' in a Gothic script. The letter is yellow with a red textured interior and green vine-like flourishes extending from its left and right sides.

Holy Communion
is the
shortest
and safest
way
to Heaven.

- Saint Pius X ⁵



The Eucharist

is

meant

to

Christify

us.

- *Bishop Robert Barron* ⁶

hen the bee
has gathered
the dew of heaven
and the earth's sweetest nectar
from the flowers, it turns it
into honey, then hastens
to its hive. In the same way,
the priest, having taken from the
altar the Son of God
(who is as the dew from heaven,
and true son of Mary,
flower of our humanity),
gives him to you
as delicious food.

- *Saint Francis de Sales* ²



It is
the whole
divine being
that you receive
in that
most gracious sacrament
under the whiteness
of bread.

- *Saint Catherine of Siena* ²



You come
to me
and unite Yourself

intimately to me under
the form of nourishment.

Your Blood now runs in mine,
Your Soul, Incarnate God,
compenetrates mine,
giving courage and support.

What miracles!
Who would have ever
imagined such!

- *Saint Maximilian Kolbe* ²



y eating the Body
and drinking the Blood

of Christ in the Eucharist,

we become united

to the person of Christ

through His humanity

and divinity.

Our mortal and corruptible
natures are transformed by being
joined to the source of life.

- *USSCB.org, Real Presence* ⁷



ell, if it's
a symbol,

then to hell with it.

[The Reality of the Eucharist is]
the center of existence
for me;
all the rest of life
is expendable.

- Flannery O'Connor ⁶



ternal Father,
I offer Thee
the Most Precious Blood
of Thy Divine Son, Jesus,
in union with the Masses
said throughout the world today,
for all the Holy Souls in Purgatory,
for sinners everywhere,
for sinners in the universal church,
those in my own home
and within my family.

Amen.

- Saint Gertrude ²



he concluding
rite of Mass
sends us
into the world
inebriated
by the
Holy Spirit.

- *Bishop Robert Barron* ⁶



y adoring
and partaking
of His beauty,
His goodness
and His purity
in this Divine Sacrament,
you will become all
beautiful, good and pure.

- *Saint Francis de Sales* ⁵

 cloud of incense
was rising on high;
the people suddenly all bowed low;

what could it mean?

The truth flashed on him,
fearfully yet sweetly;
it was the Blessed Sacrament—
it was the Lord Incarnate
who was on the altar,
who had come to visit
and bless His people.

It was the Great Presence,
which makes a Catholic Church
different from every other place in
the world; which makes it,
as no other place can be— holy.

- *Saint John Henry Newman* ²



Prayer Before Mass

Almighty and ever-living God,
I approach the sacrament
of Your only begotten Son,
Our Lord Jesus Christ.

I come sick to the doctor of life,
unclean to the fountain of mercy,
blind to the radiance of eternal light
and poor and needy
to the Lord of heaven and earth.

Lord, in your great generosity,
heal my sickness,
wash away my defilement,
enlighten my blindness,
enrich my poverty
and clothe my nakedness.

May I receive the bread of angels,
the King of kings
and Lord of lords,
with humble reverence, with purity
and faith, the repentance and love and

determined purpose that will help
to bring me to salvation.
May I receive the sacrament
of the Lord's Body and Blood,
and its reality and power.
Kind God, may I receive the Body
of Your only begotten Son,
our Lord, Jesus Christ,
born from the womb of the Virgin Mary,
and so be received
into His mystical body and
numbered among His members.
Loving Father, as on my earthly
pilgrimage, I now receive Your beloved
Son under the veil of a sacrament.
May I one day see him face to face
in glory, who lives and reigns
with You forever.
Amen.

- *Saint Thomas Aquinas*

A large, ornate initial letter 'A' in gold and red with green scrollwork.

Prayer Before Holy Communion

O Jesus, merciful Savior,
I rely on Thy infinite goodness
and hope to obtain through
Holy Communion all the graces
of which I stand in need for my
sanctification and eternal salvation.

I adore Thee, O my God,
as my Creator, my Preserver,
my Redeemer, and my Judge,
truly present in the Holy Eucharist.
Come, my Jesus, crucified for love
of me. Come dear Jesus,
in the sacrament of Thy love,
and be Thou mine, as I desire to be
all thine. Good Lord increase my
sacrifices for love of Thee and
for the love of my neighbors.

Amen.

A large, ornate, gold-colored capital letter 'A' with red and green decorative flourishes. The text 'Prayer After Holy Communion' is written in a black serif font to the right of the 'A'. Below it, '(Anima Christi)' is written in a smaller black serif font.

Prayer After Holy Communion

(Anima Christi)

Soul of Christ, sanctify me;
Body of Christ save me;
Blood of Christ, inebriate me;
Water from Christ's side, wash me;
Passion of Christ, strengthen me;
O good Jesus, hear me;
Within Thy wounds hide me;
Suffer me not
to be separated from Thee;
From the malicious enemy defend me;
In the Hour of my death call me;
and bid me to come unto Thee;
That I may praise Thee with Thy saints
and with Thy angels forever and ever.
Amen.

rayer of
Spiritual Communion

My Jesus,
I believe that Thou
art present in the
Blessed Sacrament.
I love Thee above all things
and I desire Thee in my soul.
Since I cannot now receive Thee
sacramentally, come at least
spiritually into my heart.
As though Thou wert already there,
I embrace Thee and unite myself
wholly to Thee;
permit not that I should ever
be separated from Thee.
Amen.

- Saint Alphonsus Liguori



Moved by such beauty,
selfless love
and abundant grace displayed at Mass,
how can we not respond in faith
by sharing the Good News,
seeking God's will in all we do
and attending as many Masses
as possible?

To find a Mass near you, visit Masstimes.org

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Resources:

- ¹ *Behold the Mystery: A Deeper Understanding of the Catholic Mass*, Mark Hart, page 15, The Word Among Us Press ©2014
- ² Eucharistic Education and Adoration Association (therealpresence.org)
- ³ *The Incredible Catholic Mass*, Venerable Martin Cochem, Saint Benedict Press / TAN books ©2012, originally published in 1704
- ⁴ *The Hidden Treasure the Catholic Mass*, Saint Leonard of Port Maurice, Saint Benedict Press / TAN books ©2012, originally published in 1890
- ⁵ *Jesus Our Eucharistic Love*, The Reverend Stefano Manelli, Franciscan Friars of the Immaculate ©1996
- ⁶ "The Mass" by Bishop Robert Barron, Word on Fire Institute ©2018

- ⁷ "The Real Presence of Jesus Christ in the Sacrament of the Eucharist: Basic Questions and Answers" (USCCB.org)
- ⁸ *Catechism of the Catholic Church* (CCC), Doubleday Books ©1994
- ⁹ *The New American Bible, Revised Edition* (NABRE), Confraternity of Christian Doctrine ©2010
- ¹⁰ *Summa Theologica*, Saint Thomas Aquinas, translated by the Fathers of the English Dominican Providence, originally published in 1485
- ¹¹ *The Sinners Guide*, Venerable Louis of Granada, Saint Benedict Press / TAN books ©1985, originally published in 1556
- ¹² *Blessed Sacrament*, The Reverend Francis Xavier Lasance, Benziger Brothers ©1913

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Holy Sacrifice of the Mass • unknown

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