



The Armor of Faith

Topic Summary: Scriptural Walk Through The Mass: Liturgy of the Eucharist Part I



The House of God is for Praise and Prayer
Public Domain

Introduction

[Greeting:] → Welcome to “The Armor of Faith,” a show where we hope to bring our listeners closer to the Word of God and the blessings we receive through living in the fullness of the Catholic faith. My name is Doug and I will be your host as we discuss the blessings of the Church Christ built upon Peter.

I am joined today by my panel: [names]

Our panelists provide support and catechesis for religious formation at St. Philip Benizi Catholic Mission in Cedaredge CO. Our panelists are also in the process of discernment and study to become lay Dominicans who are also known as the Order of Preachers. So, welcome to our panelists as well as our listeners.

Let us open with a prayer:

Heavenly Father, we lift up our hearts in thanks and praise for this opportunity to open and share your Holy Word this day. We pray that You are with us and all our listeners as we share with one another the blessings of faith. We pray You will grant us wisdom and understanding as we seek to learn Your Holy Truth.

In the name of the Father, the Son and the Holy Spirit we pray.

Opening: Last week we discussed the Liturgy of the Word and the various ways we may prepare, listen, and reflect upon the wisdom of God's Word and instruction to us. This week, we begin a discussion as to the Liturgy of the Eucharist. This is the highlight of the Mass as the miracle is performed which brings to us our heavenly King.

We should consider that as we attend Mass, we have the opportunity to reflect upon the prayers which are said and their meaning to our faith. We have the opportunity to lift up our hearts in thanks and

praise. As we discuss this portion of the Mass, we should keep in the back of our mind what this celebration means to us and the joy by which we may lift up of our thanks and praise.

The Liturgy of the Eucharist:

The Preparation of the Gifts: The gifts are brought to the altar. These include the bread and wine and the offering collected from the people.

[Bring the whole tithe into the storehouse, that there may be food in my house. Put me to the test, says the Lord of hosts, and see if I do not open the floodgates of heaven for you, and pour down upon you blessing without measure! (Malachi 3:10)]

(Question: The offering collected from the people is normally brought forward in the form of money or food. **What does this offering enable?)**

Priest: Blessed are you, Lord, God of all creation. Through your goodness we have this bread to offer, which earth has given and human hands have made.
[“Moreover, that all can eat and drink and enjoy the good of all their toil—this is a gift of God.” (Ecclesiastes 3:13)]

It will become for us the bread of life.

[“Jesus said to them, ‘I am the bread of life; whoever comes to me will never hunger, and whoever believes in me will never thirst.’” (John 6:35)]

People: Blessed be God forever.

[“Awesome is God in his holy place, the God of Israel, who gives power and strength to his people. Blessed be God!” (Psalms 68:36)]

Priest: Blessed are you, Lord, God of all creation. Through your goodness we have this wine to offer, fruit of the vine and work of human hands. It will become our spiritual drink.

[“Then he took a cup, gave thanks, and said, ‘Take this and share it among yourselves; for I tell you [that] from this time on I shall not drink of the fruit of the vine until the kingdom of God comes.’” (Luke 22:17-18)]

People: Blessed be God forever.

[Blessed be the Lord, the God of Israel, from all eternity and forever. Amen. Amen. (Psalms 41:14)]

“Blessed be the name of God forever and ever, for wisdom and power are his. (Daniel 2:20)]

Priest: Pray, brethren, that our sacrifice may be acceptable to God, the almighty Father.

“Therefore, we who are receiving the unshakable kingdom should have gratitude, with which we should offer worship pleasing to God in reverence and awe.” (Hebrews 12:28)

People: May the Lord accept the sacrifice at your hands for the praise and glory of his name, for our sake and the good of all his holy Church.

“Those who offer praise as a sacrifice honor me; I will let him whose way is steadfast look upon the salvation of God.” (Psalms 50:23)

(Question: As the gifts are brought forward, what is the theme of the prayers said by the priest and the responses of the people? What are we lifting up in sacrifice? From whence do these gifts come? Why are we lifting up this sacrifice?)

Prayer Over the Offerings:

[When Solomon had ended his prayer, fire came down from heaven and consumed the burnt offerings and the sacrifices, and the glory of the Lord filled the house. (2 Chronicles 7:1)]

Priest: The priest says the Prayer over the Offerings, which is different for each Mass.

People: Amen

Eucharistic prayer:

Priest: The Lord be with you.

[The grace of the Lord Jesus Christ and the love of God and the fellowship of the holy Spirit be with all of you. (2 Corinthians 13:13)]

People: And with your spirit.

[The grace of our Lord Jesus Christ be with your spirit, brothers. Amen. (Galatians 6:18), The grace of the Lord Jesus Christ be with your spirit. (Philippians 4:23), The Lord be with your spirit. Grace be with all of you. (2 Timothy 4:22)]

Priest: Lift up your hearts.

People: We lift them up to the Lord.

[Let us lift up our hearts as well as our hands toward God in heaven! (Lamentations 3:41)]

Priest: Let us give thanks to the Lord our God.

[“And whatever you do, in word or in deed, do everything in the name of the Lord Jesus, giving thanks to God the Father through him.” (Colossians 3:17)]

People: It is right and just.

["We always give thanks to God, the Father of our Lord Jesus Christ, when we pray for you." (Colossians 1:3)]

Priest: (Preface Prayer)

It is truly right and just, our duty and our salvation,
always and everywhere to give you thanks,

[Praise the God of heaven, for his mercy endures forever. (Psalm 136:21)]

Lord, holy Father, almighty and eternal God,
through Christ our Lord.

In him you have been pleased to renew all things,

[For God did not send his Son into the world to condemn the world, but that the world might be saved through him. (John 3:17)]

giving us all a share in his fullness.

[23 This man, delivered up by the set plan and foreknowledge of God, you killed, using lawless men to crucify him. 24 But God raised him up, releasing him from the throes of death, because it was impossible for him to be held by it. (Acts 2:23-24)]

For though he was in the form of God, he emptied himself
and by the blood of his Cross brought peace to all creation.

[3 For I handed on to you as of first importance what I also received: that Christ died for our sins in accordance with the scriptures; 4 that he was buried; that he was raised on the third day in accordance with the scriptures; (1 Corinthians 15:3-4)]

Therefore he has been exalted above all things,
and to all who obey him,
has become the source of eternal salvation.

[I am the living bread that came down from heaven; whoever eats this bread will live forever; and the bread that I will give is my flesh for the life of the world." (John 6:51)]

They cried out in a loud voice: "Salvation comes from our God, who is seated on the throne, and from the Lamb." (Revelation 7:10)]

And so, with Angels and Archangels,
with Thrones and Dominions,
and with all the hosts and Powers of heaven,
we sing the hymn of your glory,
as without end we acclaim:

[All the angels stood around the throne and around the elders and the four living creatures. They prostrated themselves before the throne, worshiped God, 12 and exclaimed: "Amen. Blessing and glory, wisdom

and thanksgiving, honor, power, and might be to our God forever and ever. Amen.” (Revelation 7:11-12)]

All: Holy, holy, holy Lord, God of hosts. Heaven and earth are full of your glory.
[*“One cried out to the other: ‘Holy, holy, holy is the LORD of hosts! All the earth is filled with his glory!’” (Isaiah 6:3)]*

Hosanna in the highest. Blessed is he who comes in the name of the Lord.
Hosanna in the highest.

[*“Those preceding him as well as those following kept crying out: ‘Hosanna Blessed is he who comes in the name of the Lord! Blessed is the kingdom of our father David that is to come! Hosanna in the highest!’” (Mark 11:9-10)]*

Eucharistic prayer [There are four of these, based on ancient prayers of the Church. Eucharistic Prayer Two is provided below as an example:]

Priest: You are Holy indeed, O Lord the fount of all holiness.

[*“Therefore, Holy One, Lord of all holiness, preserve forever undefiled this house, which has been so recently purified.” (2 Maccabees 14:36)]*

Make holy, therefore, these gifts, we pray, by sending down your Spirit upon them like the dewfall, so that they may become the body and blood of our Lord Jesus Christ. At the time he was betrayed and entered willingly into his Passion
[*“This is why the Father loves me, because I lay down my life in order to take it up again. No one takes it from me, but I lay it down on my own. I have power to lay it down, and power to take it up again. This command I have received from my Father.” (John 10:17-18)]*

he took bread and, giving thanks, broke it, and gave it to his disciples, saying: Take this all of you, and eat of it: For this is my body which will be given up for you. In a similar way, when supper was ended, he took the chalice and, once more giving thanks, he gave the it to his disciples, saying: Take this, all of you, and drink from it: For this is the chalice of my blood, the blood of the new and eternal covenant. Which will be poured out for you and for many for the forgiveness of sins. Do this is memory of me.

[*“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.’ Then he took a cup, gave thanks, and gave it to them, and they all drank from it. He said to them, ‘This is my blood of the covenant, which will be shed for many. Amen, I say to you, I shall not drink again the fruit of the vine until the day when I drink it new in the kingdom of God.’” (Mark 14:22-25)]*

Let us proclaim the mystery of faith.

All: When we eat this Bread and drink this Cup, we proclaim your Death, O Lord, until you come again.

["For as often as you eat this bread and drink the cup, you proclaim the death of the Lord until he comes." (1 Corinthians 11:26)]

Priest: Therefore, as we celebrate the memorial of his Death and Resurrection, we offer you, Lord, the Bread of life and the Chalice of salvation,

["I am the living bread that came down from heaven; whoever eats this bread will live forever; and the bread that I will give is my flesh for the life of the world." (John 6:51)]

giving thanks that you have held us worthy to be in your presence and minister to you. Humbly we pray that, partaking of the Body and Blood of Christ, we may be gathered into one by the Holy Spirit.

["Because the loaf of bread is one, we, though many, are one body, for we all partake of the one loaf." (1 Corinthians 10:17)]

Remember, Lord, your Church spread throughout the world; bring her to the fullness of charity, together with our Pope and our bishop, and all the clergy. Remember our brothers and sisters who have fallen asleep and all who have died in your mercy: welcome them into the light of your face.

["But if he did this with a view to the splendid reward that awaits those who had gone to rest in godliness, it was a holy and pious thought. Thus he made atonement for the dead that they might be absolved from their sin." (2 Maccabees 12:45-46)]

Have mercy on us all, we pray, that with the blessed Virgin Mary, Mother of God, with the apostles and with all the saints who have pleased you throughout the ages, may we merit to be co-heirs to eternal life, and may praise and glorify you through your Son, Jesus Christ.

["Accordingly, we ourselves boast of you in the churches of God regarding your endurance and faith in all your persecutions and the afflictions you endure. This is evidence of the just judgment of God, so that you may be considered worthy of the kingdom of God for which you are suffering." (2 Thessalonians 1:4-5)]

Through him, with him, in him, in the unity of the Holy Spirit, all glory and honor is yours, almighty Father, for ever and ever.

["For from him and through him and for him are all things. To him be glory forever. Amen." (Romans 11:36)]

All: Amen.

(Question: During this portion of the Mass, there are a variety of prayers which are lifted up. What are some of the themes associated with these prayers? With whom do we pray these prayers?)

Quotes:

"Lord Jesus, Who in the Eucharist make your dwelling among us and become our traveling companion, sustain our Christian communities so that they may be ever more open to listening and accepting your Word. May they draw from the Eucharist a renewed commitment to spreading in society, by the proclamation of your Gospel, the signs and deeds of an attentive and active charity,"
(Pope Saint John Paul II)

"Can you feel the fragrance of Paradise which diffuses Itself from the Tabernacle?"
(St. Philip)

"This food we call the Eucharist, of which no one is allowed to partake except one who believes that the things we teach are true, and has received the washing for forgiveness of sins and for rebirth, and who lives as Christ handed down to us. For we do not receive these things as common bread or common drink; but as Jesus Christ our Savior being incarnate by God's Word took flesh and blood for our salvation, so also we have been taught that the food consecrated by the Word of prayer which comes from him, from which our flesh and blood are nourished by transformation, is the flesh and blood of that incarnate Jesus." (St. Justin Martyr)

Final Thoughts: During the Liturgy of the Eucharist, we gather together our gifts and together, with the priest, we lift up our prayers of praise and thanks. Though our prayers take but a few short moments, they provide us an opportunity to reflect upon the glory of God, the sacrifice made for us, the salvation we are offered, the blessing of the supper of the Lamb, and how we may be transformed by the body and blood of our Lord and Savior.

To receive all which the Mass has to offer, we should spend time in prayer and reflection both before and after the Mass. As we examine the depths of the prayers and the scripture which is behind them, we deepen our relationship with the One who loves us more than anyone. As with any relationship, we only get out of it what we put into it. As we express during the course of the Mass, it is right and just to lift up our hearts in thanks and praise to the Lord for His love and mercy poured down upon us.

As we attend the Mass, let us listen carefully to the prayers, let us reflect upon them in our hearts, and let us allow the wisdom and salvation offered to us to transform us into a new life; the life which God has always desired for us; a life of love for God and one another.

Wrap Up: Well, our time has come to an end. We hope you will be able to join us next week as we pick up our discussion with

Let us conclude with a prayer: Heavenly Father, we thank you for this opportunity to open and discuss Your Holy Word. We pray that as we go our separate ways, You will continue to walk with us and help us to see how we may put on the armor of **truth, righteousness, peace, faith, salvation**, and the **Word** of the gospel not only for the benefit of our lives, but also the lives of all who cross our path. In the name of the Father, the Son and the Holy Spirit, we pray. Amen.

Thank you all and God bless.

Next Session: Scriptural Walk Through the Mass: The Liturgy of the Word Part II.