

## **How To Experience Holy Mass As An Encounter With Jesus**

### **KNOW YOUR FAITH SERIES**

Last week's article concluded with the question: what do we need to do in order to experience spiritual transformation and feel like a "born again" Catholic Christian?

The simple answer is "GOOD PREPARATION".

When you plan to go on a long camping trip, it makes sense to prepare whatever is necessary: proper clothing, camping gear, GPS, planning your stops, what to see, what to expect at destination, and just as important, the books of MANUALS, etc.

If it is so obvious to want to prepare when going places, it is not any different when, as Christian Catholics, we plan to go to and be part of the **MOST IMPORTANT WEEKLY EVENT OF OUR LIFE!**

We need to prepare our proper spiritual gear and Manuals.  
**I SUGGEST THE FOLLOWING:**

**SPIRITUAL GEAR and MANUAL:** make sure you are in possession of your own small, personal, pocket size Sunday Missal, which you can obtain from the parish office or from any Catholic book store.

Plan a schedule for daily prayer time: dedicate 10-15 minutes to God every day, in preparation to Sunday Mass.

During this prayer time, use one of the Readings from the upcoming Sunday for your meditation; spend some quiet time asking the Holy Spirit to speak His Word to you through the Reading, and to help you understand.

You may wish to go through this prayerful exercise for the first three days of the week (one Reading per day).

Use the other days to prayerfully familiarize yourself with those pages in the missal that contain the various Eucharistic Prayers used by the Priest celebrant of the Mass.

Usually the Priest uses the Eucharistic Prayer III on a typical Sunday. Read it during your prayer time at home, slowly and reverently: you will notice that it contains such a powerful prayer, beginning with the Angels and Saints of Heaven singing along with us on earth the **HOLY - HOLY - HOLY** to God in the Highest, as well as the prayers for the universal Church, for the living and the dead, and at the centre of them is the prayer of **CONSECRATION**, during which the Son of God, by the the power of the Holy Spirit invoked by the Priest, descends in the bread and the wine, changing them into His Body and Blood for our consumption.

If you promise yourself to be **FAITHFUL** to the daily prayer time as described above, you will properly prepare yourself for the great Sunday event, **YOUR ENCOUNTER WITH JESUS.**

I am sure that in time, you will go through a spiritual transformation, you will experience joy and peace in your heart, and you will see people and events with the eyes of God, so much so that you will feel like a new person, a "born again" Catholic!

**THIS IS WHY IT IS SAID THAT, AFTER ATTENDING MASS, NOBODY LEAVES THE CHURCH THE SAME AS THEY ENTERED!**