

## Liturgy Is Our Strength

Christians are people on a journey. We begin at the waters of baptism and we are never alone on the journey. We strengthen one another. We find in the word and the table and in our assembly the courage to continue. And we “find again and again the meaning of our journey, the Lord who is our way and truth and life.”

Without the liturgy, “we forget who we are and whose we are; we have neither the strength nor the joy to be Christ’s body present in today’s world.” Liturgy is deep refreshment on our journey. We rest to remember the story of who we are, draw strength from brothers and sisters assembled, glimpse the reign of God and so resume the journey.

1. Day by day, what strengthens you? Think of exercise, art, conversation with friends.
2. “On this journey we carry a book, our scriptures.” Do the scripture readings and the homily, the “assembly’s conversation with the readings” challenge and encourage you? When this happens, is it personal or communal?
3. We share in the Eucharist “when we are tired, when we are discouraged, even when we have failed.” Is the Sunday liturgy a source of strength for people in this parish? In what ways? What more might be needed?
4. Have you ever thought that your presence at the liturgy is strength for others? How might your participation affect the lector, the cantor, the homilist, the person next to you?
5. Many thanks belong to those “who have labored to make the liturgy strong and beautiful.” This includes all of the liturgical ministries of the parish. Which of these ministries flourish? How does each ministry contribute to Sunday liturgy?
6. Think carefully through the ways you prepare for Sunday Mass. What changes in your preparation would make you more ready to give full attention, full participation? Could the parish help this happen for more people?

*Taken from “Guide for the Assembly” by Cardinal Joseph Bernardin.*