

Liturgy Is Our Song

Liturgy is our song. We do not sing at the liturgy. We sing the liturgy itself. Song is not a frill but is “part of the central action itself. What we do in the liturgy is too vast and too deep to be left to our speaking voices. We need music so that we can fully express what we are about.”

1. On what occasions in your life do you join in festive song? What songs do you really like to sing? When is the singing at Sunday Mass as natural and full as those occasions? Do you take joy in singing at Sunday liturgy?
2. The psalms are our ancient and constant songbook. What psalm refrains and verses have you come to know by heart? (For example: “Taste and See the goodness of the Lord.”)
3. “Centuries of practice shaped the assembly as spectators rather than participants” at the Eucharistic prayer. Do you recognize what this means? At Sunday Mass does the Eucharistic prayer – from “Lift up your hearts” until the great Amen before the Our Father – sound like a great prayer of praise and thanksgiving? Do you think it should?
4. “Are we a thanks-giving people? Do we give God praise by morning and thanks by night? Do we pause over every table, as we do over this altar table, to bless God and ourselves and our food?” How can you help each other get in a habit of thanksgiving?

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