

# Why We Go to Mass

- I. Liturgy & Our Lives
- II. Table Fellowship
- III. The Mass

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Loving and Gracious God,  
We ask you to bless our time together.  
Be with us as we seek to deepen  
our understanding of our Sunday liturgy.  
Awaken within us a desire to make our liturgies  
more alive and more meaningful.  
Open our eyes to see your presence in the ritual.  
Open our ears to hear your call to serve.  
Open our hearts to be empowered  
by your powerful and ever-present love.  
We pray this in the name of your Loving Son and your  
Holy Spirit. AMEN.

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# Remembering Who We Are

- I. Liturgy & Our Lives

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In the first video segment, Fr. J-Glenn Murray says,  
“No one of us is born a Christian,  
no one of us came out of the  
womb already a Christian.”

1. If we are not born Christians, how were we made Christians? Where were you baptized? Who were your godparents? What does it mean to you that you were initiated into the Catholic Church?

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Fr. Murray says that when people ask you who you are, you can “tell them you are a child of God.”

2. What does this mean to you? Does the image of being a “child of God” encourage you? Make you feel less of an adult?

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Fr. Murray states that while we are born into new life in Christ,  
“We forget who we are.  
We forget where we come from.”

3. What does Fr. Murray mean when he says we forget who we are? What is he saying about the quality of our worship week after week?

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Fr. Murray speaks of the importance of understanding the sacraments of initiation – Baptism, Confirmation, and Eucharist – as initiating us into new life in Christ.

4. Reflect on your Baptism, first Communion, and Confirmation. What does having received these sacraments mean to you today?

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The liturgy reminds us how “fiercely” God loves us. It tells us how passionately God loves us, especially in sending us Jesus Christ.

5. What is it about Jesus that we celebrate in the liturgy? What has he done for us?

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The video emphasizes that liturgy helps us to remember who we are and to immerse our lives “in the dying and rising of Jesus Christ.”

6. When you celebrate liturgy, to what extent do you realize that you are being immersed more deeply in Christ? To what extent is your celebration more like fulfilling a duty than celebrating this mystery?

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The video emphasizes that liturgy helps us to remember who we are and to immerse our lives “in the dying and rising of Jesus Christ.”

7. If your experience of liturgy is more like performing a duty than celebrating a mystery, what steps can you take at your next Mass to make your celebration more conscious and meaningful?

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Fr. Murray tells a story from his own life about someone who did not understand the connection between what they had just celebrated in the liturgy and how they should act in daily life.

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8. What was the incident that Fr. Murray described? What point are the fathers of the Second Vatican Council making when they ask, “How can we worship one way and act another way?”

9. What would you say if someone were to ask you, “Why do you go to Mass?”

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Loving and Gracious God,

We thank you for the gift of our time together.

Bless us with a renewed desire to lift up our hearts

and give thanks and praise to you.

Fill us with your Spirit so that each of us may

enter more fully into our celebrations of liturgy.

We pray that we will celebrate our liturgies

with passion – and that this passion

will change the world.

We pray this in the name of your loving Son and

your Holy Spirit. AMEN.

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