

Prayer Over The Gifts

This opens in praise: "*Blessed are you, Lord God of all creation*" and at its end there is a communal prayer of praise: "May the Lord accept the sacrifice at your hands for the *praise and glory* of his name".



Praise and the Prefaces of the Eucharistic Prayers

All the prefaces to the Eucharistic Prayers end in a great call to praise God: "As we sing the hymn *of your glory* without end we acclaim", or similar, and follow with the second great communal Prayer of Praise: '*Holy, Holy, Holy*'.

Similarly, Eucharistic Prayer 4, which uniquely has its own fixed Preface, also contains a prayer of glory to God at its beginning: "It is truly right to give you thanks, truly just that *to give you glory*, Father most holy".

The Prayer of Praise of the Eucharistic Prayers

Eucharistic Prayer 1 the commemoration of the living, includes: "For them, we offer you this *sacrifice of praise* .. and paying *their homage* to you".

Eucharistic Prayer 2 finishes with, before the final doxology: "We may merit to be co-heirs to eternal life and may *praise and glorify* you".

Eucharistic Prayer 3 opens: "You are indeed Holy, O Lord, and all you have created *rightly gives you praise*".

Eucharistic Prayer 4, opens: "We give you *praise*, Father most holy" and, after the consecration: "That .. they may truly become a living sacrifice in Christ to the *praise of your glory*".

Each of the Eucharistic Prayers end in the flowing doxology:

"Through him, and with him, and in him, O God, almighty Father, in the unity of the Holy Spirit, *all glory and honour* is yours, for ever and ever".

Our Personal Praise

The time when we can best add our own personal praise and adoration is from the Consecration, when we have Our Lord truly present to worship. This is also fitting because it can act as our final preparation before receiving Our Lord in Holy Communion.

The Mass

"Do This In Memory of Me"
Reminding Ourselves of its Uniqueness and Beauty

5. The Mass as a Prayer of Praise



The Mass is the Most Important Part of the Church's Liturgy

The Liturgy consists of those public acts of worship that unite all Catholics together, all those living everywhere in the world as well as those who have died, the angels, the saints and Our Blessed Lady, in a truly magnificent Communion of Saints and, in turn, this Church of Christ becomes united with the Blessed Trinity of Father, Son and Holy Spirit

In the Mass we are, therefore, in the greatest sense possible on this earth, part of the Mystical Body of Christ

The Paschal events of Jesus' Last Supper, his Death and Resurrection are re-presented, as if we were actually present at the time of their historical occurrence. That is why the Mass is regarded as being sacrificial.

In the Mass, there is the real presence of Jesus

As we go to receive Holy Communion, we go to receive Our Lord Jesus within us. Therefore, approach him with the humility of love and fear, as if we were walking towards God for our own judgment.

The Structure of the Mass



Introductory Rites

Opening Antiphon
Greeting
Penitential Rite
Gloria
Opening Prayer 'Collect'

Prayer of Penance

Prepare to receive the Eucharist by asking forgiveness for our sins and by recognising that we are nothing before God without his love for us. Yet, if we are in a state of grace, because of God's love for us, we become everything.

Liturgy of the Word

OT/ Psalm/ NT
Gospel
Homily
Creed
Prayers of Faithful

Prayer of Petition

Scripture reminds us to have faith in God and to pray to him in total confidence. This does not mean our prayers are guaranteed to be answered in the way we want, but if we pray in humility, and are willing to accept God's Will, they will nevertheless be pleasing to him and a source of grace.

Liturgy of the Eucharist

Prayer over the Gifts
Preface
Eucharistic Prayer
Consecration
Eucharistic Prayer cont.

Prayer of Praise

Our first duty is to praise God for himself, without any ulterior motive of gaining something in return. This is perfect love and praise of God.

Communion Rite

Lord's Prayer
Sign of Peace
Breaking of Bread
Preparation for Communion
Communion Antiphon
Distribution of Communion
Prayer after Communion

Prayer of Thanksgiving

We must always thank God for what he has done for us, especially for the gift of himself in the Eucharist

Concluding Rite

Blessing
Dismissal

The Importance of Prayers of Praise to God

It may seem rather obvious to stress that we must give praise to God. After all, we all know that already. However, it is extremely important to recognise that praise and adoration is due to God without any pre-conditions being attached by us. We must never offer love, praise and adoration to God on condition we get something back in return, as if our prayers of petition are more important than God himself. Many of the Old Testament psalms, for example, can give that impression.



Praise and adoration of God is warranted solely because he has lavished his love on us, out of his love for us. We can never merit his love, yet he has come to us, indeed become one of us, in order to offer us a way to be with him eternally. The Mass is our opportunity to offer our praise and adoration to him, together with all the Church on Earth and angels and saints in Heaven - an unimaginable communion of praise.

The First Great Prayer of Praise of the Mass

The Gloria is a wonderful prayer of praise to God: "*Glory to God* in the highest". Its position in the Mass, just after the penitential prayers, provides a stark contrast between our sinfulness and the purity of God, and this forces our mind to shift focus abruptly onto our nothingness as we glorify God as Father: "*We praise you, we bless you, we adore you, we glorify you*". It then ends with a doxology, or praise, of the Trinitarian God: "*You alone are the most high, Jesus Christ, with the Holy Spirit, in the glory of God the Father*".



Yet, the Gloria is not totally a prayer of praise. Its middle part provides a link to the previous penitential rite by recognising the saving event of Jesus' death and asking him both for his mercy and to accept our prayers.

The Gospel Alleluia

Outside of Advent and Lent, the Gospel is preceded with the cry of praise of the alleluia "*Praise the Lord*", stressing the importance of the Gospel.