**The Mass Fact Sheet**

Truth is the meaning of Life. Jesus Christ is the truth. So Jesus is the reason and the purpose and the meaning of the Mass. Why did God give us the Eucharist? He loves us!

We are sinners in need of redemption. Unbelief and rebellion limit grace. Sin robs the soul of grace. “God has raised up for us a mighty **savior**.” (Lk 1) Without a savior, we are lost in our sins and cannot know God, or eternal life. God so loved us he sent his Son to redeem us. Jn 3:16

Jesus reveals **God’s love** on the **cross** and at **Mass**; **Pope Francis**: “Jesus is the complete revelation of God’s love in a human being.” God’s will is to love us! Even if we don’t love him in return. God shouts from the cross: “I love you!” From the altar: “I love you!” From the host: “I love you!” From the manger: “I love you!”

The Mass is an act of **true worship**. Jesus is speaking with the Father and we are invited into the conversation. (Glory to God, Hosannah, Our Father)

**The Word of God.** God wants to have a relationship with us, so he communicates with us by the Logos of God; he speaks, we listen. The Scripture is God’s love letter to us.

**Proclaim the Good News** the homily reflects on the Scriptures.

**Sacrifice** – Why? To establish **new covenant**; The mass is the **Great Exchange**: *my* life for *God*’s life. We offer our lives to God at the Offertory. Jesus, the Lamb of God, unites our sacrifice with his sacrifice on the cross on Calvary. **Calvary:** We offer Christ to the Father.

**Judgment Day** *Christ crucified is the judgment and justice of God*. T**he Mass** is God’s judgment and mercy in one time and place for all eternity. “God was reconciling the world to himself in Christ… and entrusting us with the message of reconciliation.” 2 Cor 5.19

Why examine our conscience? (I Confess, Lord have mercy) To prepare for the day we see God face to face.

**Jesus is our spiritual food**: We are weak and we need God’s strength to meet the challenges of this life. Jesus is the Bread of Life, we partake in his life itself!

**The New Covenant**. The covenants of Abraham and Moses required sacrifice. “This is the blood of the new covenant, shed for you and for many, for the forgiveness of sins.”

**Eternal Life**. New covenant promises: “I am the resurrection and the life, those who believe in me, even if they die, shall live. And whoever is alive and believes in me, will never die.” Jn 11 “Eternal life is to know God and Jesus Christ his Son.” (Jn 17.3). **Messianic promises** “He shall set us free from our enemies, free to worship him without fear, holy and righteous in his sight.” (Lk 1)

**Conquer sin** and **death**; “*Death where is your victory? Death, where is your sting*?” 1 Cor

Jesus, the Lamb of God, takes away our sins in the context of being in relationship with him.

Make **present** the **Paschal Mystery** Reveal the passion, death, *resurrection and ascension* of Jesus “*There is not time with God*.” 2 Pt 3.8 **We are the** **body of Christ**, there is no way we are not *crucified with Christ (Gal)*

Celebrate **Passover** “*I have long desired to celebrate this Passover with you*.” (Lk)

**Celebrate the Wedding Supper of the Lamb of God**; Jesus is the groom, the Church is the bride. This is all about a *personal relationship with Jesus*: you, me, and the whole Church. ity.

**Sacrament**: sign of God’s **grace**; Grace is a person, Jesus Christ.

**Give thanks to God** “*Eucharist” means thanksgiving*

**Unite heaven and earth**; “*Our Father, who art in heaven*.” When you go to mass, you go to heaven, if you have faith. Worshiping God in heaven is true worship. We can go to God **today**!

**Obey God**: “**Do this** in memory of me.” (Lk) “*as I have done, you must do.” (* Jn 13.15)