

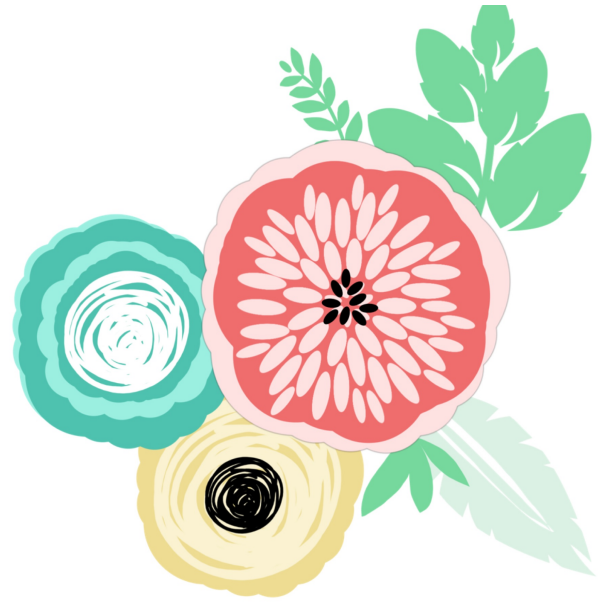


The Mass

A BIBLICAL RESOURCE BY
HEART OF MARY WOMEN'S FELLOWSHIP

Opening Rite

- Sign of the Cross:
 - "In the name of the Father, and of the Son, and of the Holy Spirit." (Matt 28:19; cf. John 14:13-14; Acts 2:21)
- Liturgical Greeting:
 - A. "The grace of our Lord Jesus Christ, and the love of God, and the communion of the Holy Spirit be with you all." (2 Cor 13:13-14)
 - B. "Grace to you and peace from God our Father and the Lord Jesus Christ" (Phil 1:2; Eph 1:2; cf 1 Pet 1:3)
 - C. "The Lord be with you." (2 Tim 4:22; cf. Matt 1:23; 28:20; cf Ruth 2:4)
 - "And with your spirit" (cf. Gal 6:18; 2 Tim 4:22)
- Rite of Blessing and Sprinkling Holy Water (Ezek 36:25; cf. Num 8:7a)



Penitential Rite

- Intro: "Let us acknowledge our sins, and so prepare ourselves to celebrate the sacred mysteries." (cf. Ps 51:5)
 - A.
 - "I confess to almighty God, and to you, my brothers and sisters, that I have sinned through my own fault" (cf. James 5:16)
 - "in my thoughts and in my words" (Rom. 12:16; James 3:6)
 - "in what I have done, and in what I have failed to do;" (James 4:1)
 - "and I ask Blessed Mary, ever virgin, all the angels and saints, and you, my brothers and sisters, to pray for me to the Lord our God" (cf. 1 Thess. 5:25).
 - B. "Have mercy on us, O Lord. / For we have sinned against you. / Show us, O Lord, your mercy. / And grant us your salvation." (Ps 41:4)
 - C. "Lord have mercy. Christ have mercy. Lord have mercy" (Mt 15:22; Mt 17:15; 20:30-31; cf. Ps 123:3; cf Tob 8:4, 1 Tim 1:2)

"I confess to almighty God, and to you, my brothers & sisters..."

- SEE JAMES 5:16

The Gloria

- "Glory to God in the highest, and on earth peace to people on earth" (Luke 2:14; cf. Rev 4:11; 5:11-14)
- "Lord God, heavenly King, almighty God and Father," (Rev. 19:6)
- "we worship you" (Rev. 22:9)
- "we give you thanks" (Eph. 5:20)
- "we praise you for your glory" (Rev. 7:12)
- "Lord Jesus Christ, only Son of the Father (2 Jn. 3, cf. Ps 2:7; John 1:14)
- "Lord God, Lamb of God, Son of the Father, you take away the sins of the world have mercy on us" (cf. John 1:29)
- "you are seated at the right hand of the Father: receive our prayer." (Rom. 8:34)
- "For you alone are the Holy One" (cf. Lk. 4:34)
- "you alone are the Lord" (Rev. 15:4)
- "you alone are the most High, Jesus Christ" (Lk. 1:32)
- "with the Holy Spirit, in the glory of God the Father. Amen" (cf. Jn. 14:26).

Amen after prayers

- Neh 8:6; Ps 41:13; Rom 16:27; Heb 13:20-21; Rev 7:16

The Liturgy of the Word

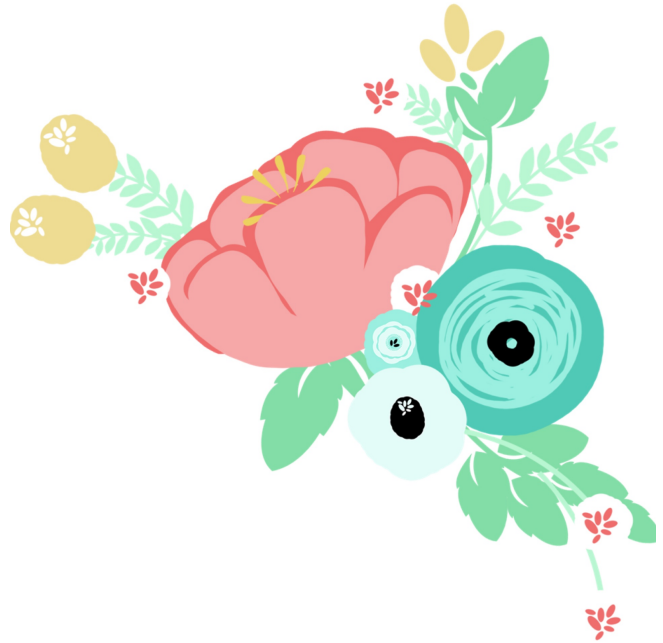
Intro/Concluding Dialogue

- "A reading from the book/letter of..." (cf Rev 1:3)
- "The Word of the Lord" (1 Peter 1:25)
- "Thanks be to God" (Rom 6:17; 2 Cor 9:15)
- "A reading from the holy Gospel according to..." (cf Rev 1:3)
- "Glory to you, O Lord" (cf Ps 86:12)
- "The Gospel of the Lord" (Rom 16:25; Mark 1:1)
- "Praise to you, Lord Jesus Christ" (cf Eph 1:3; cf 2 Sam 22:50; 1 Chron 29:13; cf Rev 5:12)



Acclamations Before the Gospel

- "Alleluia" (many Psalms, esp. Ps 146-150; Rev 19:1-6)
- "Praise to you, Lord Jesus Christ, King of endless glory!" (cf. Ps 24:7-10; 1 Thess 2:12; 2 Tim 4:18)
- "Praise and honor to you, Lord Jesus Christ!" (cf. Dan 4:34, 37; 1 Peter 1:7)
- "Glory and praise to you, Lord Jesus Christ!" (cf. Phil 1:11)



"Praise to you, Lord Jesus Christ!"

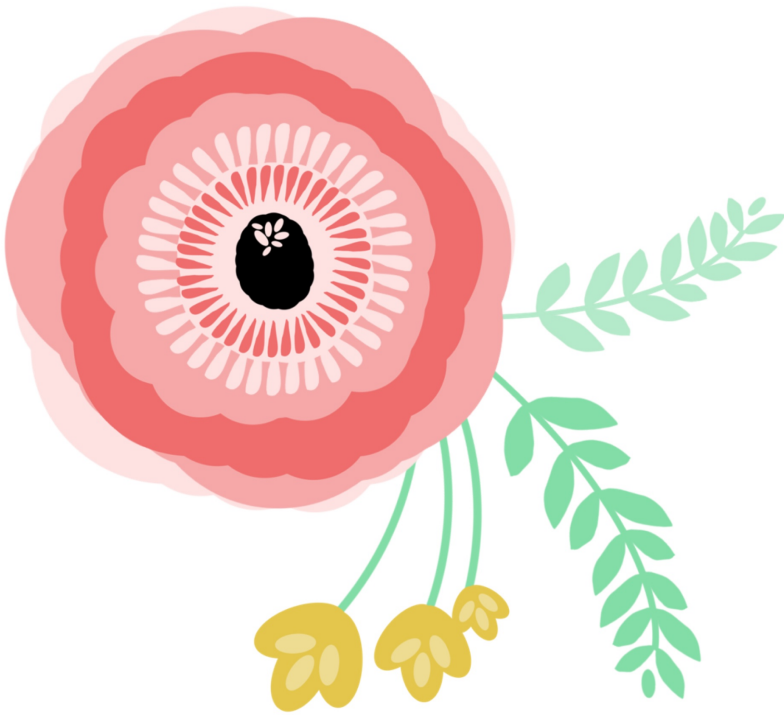
- SEE REVELATION 5:12

The Creed (The Profession of Faith)

- "We believe in God, the Father, Almighty, maker of heaven and earth" (cf. Gen 14:19)
- "of all that is seen and unseen" (Col. 1:16).
- "We believe in one Lord, Jesus Christ, the only Son of God, eternally begotten of the Father" (Lk. 1:35)
- "God from God, Light from Light, true God from true God, begotten, not made, consubstantial with the Father" (Heb. 1:3).
- "Through him all things were made" (Jn. 1:1-4).
- "For us men and for our salvation he came down from heaven" (cf. Jn. 3:13)
- "by the power of the Holy Spirit he was born of the Virgin Mary, and became man" (Luke 1:26-38; cf. Mt. 1:18)
- "For our sake he was crucified under Pontius Pilate" (Jn. 19:16);



- "he suffered, died, and was buried. On the third day he rose again in fulfillment of the Scriptures" (cf. 1 Cor. 15:3);
- "he ascended into heaven" (cf. Lk. 24:51)
- "and is seated at the right hand of the Father" (cf. Col. 3:1).
- "He will come again in glory to judge the living and the dead" (cf. 2 Tim. 4:1)
- "and his kingdom will have no end" (Lk. 1:33).
- "We believe in the Holy Spirit, the Lord, the giver of Life" (Acts 2:17),
 - "who proceeds from the Father and the Son. With the Father and the Son he is worshiped and glorified" (Jn. 14:16).
 - "He has spoken through the Prophets" (1 Pet. 1:10-11).
 - "We believe in one holy catholic and apostolic Church" (cf. Rom. 12:5).
 - "We acknowledge one baptism for the forgiveness of sins" (Acts 2:38).
 - "We look for the resurrection of the dead, and the life of the world to come. Amen" (cf. Rom. 6:5).



General Intercessions

- "We pray to the Lord" (Exod 8:29-30; 10:17-18; Jer 42:2-4; Acts 8:22-24)
- "Lord, hear our prayer" (2 Kings 20:2-5; Isa 38:2-5)

The Liturgy of the Eucharist

Preparation of the Gifts

- "Blessed are you, Lord God of all creation Through your goodness we have this bread to offer, which earth has given and human hands have made" (cf. 1 Chron 29:10; Ps 72:18-19; 119:10; Luke 1:68)
- "It will become for us the bread of life" (cf. Jn. 6:35).

- Blessed are you, Lord, God of all creation. Through your goodness we have this wine to offer, fruit of the vine and work of human hands. It will become our spiritual drink (cf. Lk. 22:17-18).
- "Blessed be God forever." (cf. Gen 14:20; Ps 66:20; Ps 68:35)
- "Pray, brethren, that our sacrifice may be acceptable to God, the almighty Father" (cf. Heb. 12:28).
- "May the Lord accept this sacrifice at your hands for the praise and glory of his name, for our good and the good of all his Church" (cf. Ps. 50:23).

- "The Lord be with you" (2 Tim 4:22)
- "And with your spirit." (Gal 6:18).
- "Lift up your hearts." (Lam 3:41)
- "We lift them up to the Lord" (Lam. 3:41).
- "Let us give thanks to the Lord our God" (Col.

3:17).

- "May the Lord accept this sacrifice at your hands

for the praise and glory of his name,

for

our good and the good of all his Church" (cf. Ps. 50:23).

- "It is right to give him thanks and praise" (Col.

1:3).

- "We lift them up to the Lord" (Lam. 3:41).

- "Let us give thanks to the Lord our God" (Col.

3:17).

- "May the Lord accept this sacrifice at your hands for the praise and glory of his name, for our good and the good of all his Church" (cf. Ps. 50:23).

Eucharistic Acclamations

- "Holy, holy, holy, Lord, God of power and might, heaven and earth are full of your glory. Hosanna in the highest. Blessed is he who comes in the name of the Lord. Hosanna in the highest" (cf. Is. 6:3; Mk. 12:9-10; Rev 4:8).
- "Blessed is he who comes in the name of the Lord." (Ps 118:26; Mark 11:9; Matt 21:9; Luke 19:38; John 12:13)
- "Hosanna in the highest" (Mark 11:10; Matt 21:9; cf. Luke 19:38)

"Blessed be God forever!"

- PSALM 68:35

Eucharistic Prayer #1

- "We come to you, Father, with praise and thanksgiving, through Jesus Christ your Son" (cf. Eph. 5:20).
- "Through him we ask you to accept and bless these gifts we offer in you in sacrifice" (cf. 2 Macc. 1:26).
- "We offer them for your holy Catholic Church, watch over it, Lord, and guide it; grant it peace and unity throughout the world. We offer them for N. our pope, for N. our bishop, and for all who hold and teach the Catholic faith that comes to us from the apostles" (cf. Jn. 17:21; Acts 2:42).
- "Remember, Lord, your people, especially those for whom we now pray, N. and N. Remember all of us gathered here before you. You know how firmly we believe in you and dedicate ourselves to you. We offer you this sacrifice of praise for ourselves and those who are dear to us. We pray to you, our living and true God, for our well-being and redemption (cf. Ps. 106:4; Heb. 13:15).
- "In union with the whole Church, we honor Mary, the ever-virgin mother of Jesus Christ our Lord and God. We honor Joseph, her husband, the apostles and martyrs, Peter and Paul, Andrew...and all the saints. May their merits and prayers gain us your constant help and protection" (cf. Mt. 1:2-16; Lk. 16:9; 1 Cor. 12:12, 20f; Rev. 5:8).
- "Father, accept this offering from your whole family. Grant us your peace in this life, save us from final damnation, and count us among those you have chosen" (cf. Col. 1:11).
- "Bless and approve our offering; make it acceptable to you, an offering in spirit and in truth" (Jn. 4:24).
- "Let it become for us the body and blood of Jesus Christ, your only Son, our Lord." (cf. Mark 14:22-26; Luke 22:19)

- "The day before he suffered he took bread in his sacred hands and looking up to heaven, to you, his almighty Father, he gave you thanks and praise. He broke the bread, gave it to his disciples, and said: Take this, all of you, and eat it: this is my body which will be given up for you" (cf. Mt. 26:26-28).
- "When supper was ended, he took the cup. Again he gave you thanks and praise, gave the cup to his disciples, and said: Take this, all of you, and drink from it: this is the cup of my blood, the blood of the new and everlasting covenant. It will be shed for you and for all so that sins may be forgiven. Do this in memory of me" (Mt. 26:26-28).

- "Let us proclaim the mystery of faith" (cf. 1 Tim. 3:16)

- "Christ has died, Christ is risen, Christ will come again" (cf. 1 Cor. 15:3-5).
- "Father, we celebrate the memory of Christ, your Son. We, your people and your ministers, recall his passion, his resurrection from the dead, and his ascension into

- glory; and from the many gifts you have given us we offer to you, God of glory and majesty," (cf. 1 Pet. 1:18-21)
- "this holy and perfect sacrifice" (Heb. 9:13-14)
 - "the bread of life and the cup of eternal salvation" (Jn. 6:54).
 - "Look with favor on these offerings and accept them as once you accepted the gifts of your servant Abel" (Gen. 4:4),
 - "the sacrifice of Abraham, our father in faith" (Gen. 22:12),
 - "and the bread and wine offered by your priest Melchisedech" (Gen. 14:18).
 - "Almighty God, we pray that your angel may take this sacrifice to your altar in heaven" (cf. Rev. 8:3-4).
 - "Then, as we receive from this altar the sacred body and blood of your Son, let us be filled with every grace and blessing" (cf. Eph. 1:3).
 - "Remember, Lord, those who have died and have gone before us marked with the sign of faith, especially those for whom we now pray, N. and N. May these, and all who sleep in Christ, find in your presence light, happiness, and peace" (cf. 1 Thess. 4:13, 14).
 - "For ourselves, too, we ask some share in the fellowship of your apostles and martyrs, with John the Baptist, Stephen, Matthias, Barnabas...Felicity, Perpetua, Agatha... and all the saints" (cf. Col. 1:12).
 - "Though we are sinners, we trust in your mercy and love. Do not consider what we truly deserve, but grant us your forgiveness" (cf. Ps. 25:7).
 - "Through him you give us all these gifts. You fill them with life and goodness, you bless them and make them holy" (Ps. 104:27-28).

Eucharistic Prayer #2, 3, & 4

*The following Eucharistic prayers find their expressions
in the following Scripture passages:

Eucharistic Prayer II (cf. 2 Macc. 14:36; Phil. 2:8; Jn. 10:17-18; Mk. 14:22-25; Heb. 2:14-15; Jn. 6:51; 1 Cor. 10:17; 2 Macc. 12:45-46; 2 Thess. 1:4-5)

Eucharistic Prayer III (cf. Tob. 8:5; Jn. 1:3; Ps. 113:3; Lk. 22:19-20; 1 Cor. 11:26; Mk. 13:33; 2 Cor. 5:19; Eph. 4:3; Eph. 5: 25-27; Jn. 17:22, 23; Col. 1:4-5)

Eucharistic Prayer IV (cf. Gen. 1:26; Is. 55:6; 55:3; Gal. 4:4-5; Heb. 4:15; Lk. 4:18; 1 Cor. 15:54-57; Jn. 14:16; Heb. 9:15; Jn. 13:1; 1 Cor. 11:23-25; Jn. 4:42; 1

Pet. 3:18, 19; Eph. 1:19-20; Mt. 25:31; 1 Cor. 12:12, 27; Acts 10:35; Rom. 8:20-21)

**Within the Eucharistic Prayer, the Words of Institution are said. These are important and should be pointed out (see Mark 14:22-24; Matt 26:26-28; cf. Luke 22:17-20; 1 Cor 11:23-25):*

Words of Institution

- "Take this, all of you, and eat of it, for this is my Body, which will be given up for you" (a combination of Mark 14:22; Matt 26:26; Luke 22:19; 1 Cor 11:24)
- "Take this, all of you, and drink from it, for this is the chalice of my Blood, the Blood of the new and eternal covenant, which will be poured out for you and for many for the forgiveness of sins." (a combination of Mark 14:24; Matt 26:27b-28; cf. Luke 22:17, 20; 1 Cor 11:25)
- "Do this in remembrance of me" (only Luke 22:19; 1 Cor 11:24a, 25b)

Memorial Acclamations

- A. "We proclaim your Death, O Lord, and profess your Resurrection until you come again." (cf. 1 Cor 16:22)
- B. "When we eat this Bread and drink this Cup, we proclaim your Death, O Lord, until you come again." (cf. 1 Cor 11:26)
- C. "Save us, Savior of the world, for by your Cross and Resurrection you have set us free." (cf. Matt 8:25; Luke 4:42; Rom 8:21)

Doxology

- "Through him, with him, in him, in the unity of the Holy Spirit, all glory and honor is yours, almighty Father, for ever and ever. Amen" (cf. Rom. 11:36).

The Lord's Prayer, Embolism, & Doxology

- The Lord's Prayer: "Our Father in heaven..." (Matt 6:9-13; cf. Luke 11:2-4; Mark 14:36; Gal 4:6)
- Embolism: "Deliver us, Lord, from every evil, and grant us peace in our day. In your mercy keep us free from sin and protect us from all anxiety as we wait in joyful hope for the coming of our Savior Jesus Christ (Jn. 17:15; Titus 2:13)

- Doxology: "For the kingdom, the power, and the glory are yours, now and for ever." (found only in some biblical manuscripts after Matt 6:13; cf. Rev 4:11; 11:15; 1 Chron 29:11)

The Greeting of Peace

- "Lord Jesus Christ, you said to your apostles: I leave you peace, my peace I give you. Look not on our sins, but on the faith of your Church, and grant us the peace and unity of your kingdom where you live and reign for ever and ever (Jn. 14:27)
- "The peace of the Lord be with you always." (cf. John 16:33; 20:19, 21, 26)

"Peace of the Lord be with you always."

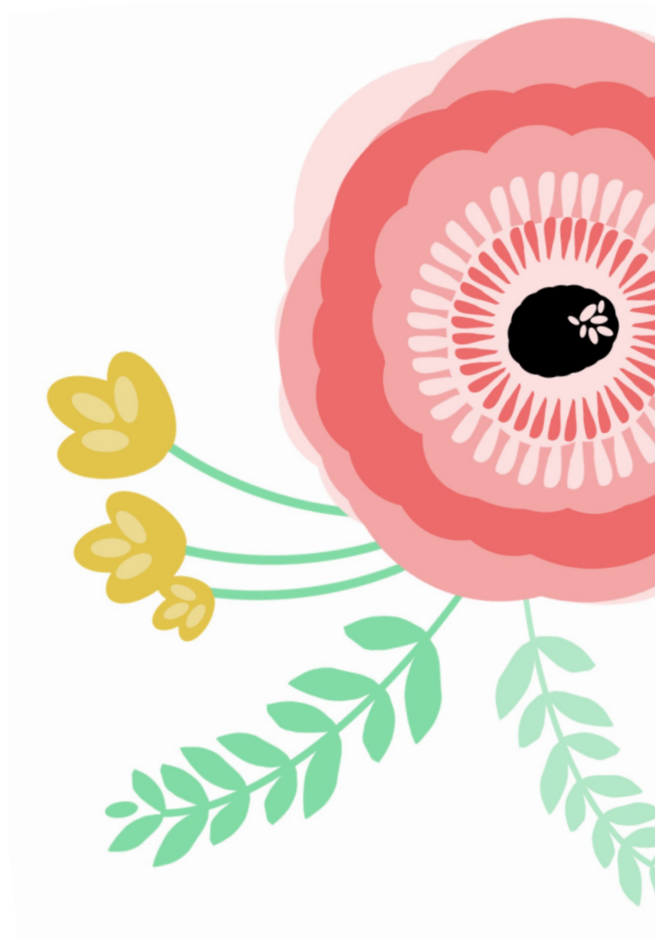
- SEE JOHN 16:33

Breaking of the Bread

- "Lamb of God, you take away the sins of the world, have mercy on us.... Lamb of God, you take away the sins of the world, grant us peace" (cf. Jn. 1:29, 36; Rev 5:6-13; Rev 22:1-3).

Communion Rite

- "Behold the Lamb of God, behold him who takes away the sins of the world. Blessed are those called to the supper of the Lamb." (John 1:29, 36; Rev 19:9)
- "Lord, I am not worthy that you should enter under my roof, but only say the word and my soul shall be healed." (Matt 8:8; cf. Luke 7:1-10)



Concluding Rite & Final Blessing

- Final Blessing (cf. Gen 28:3; Deut 14:29; Num 6:23-27; Ps 29:11)
- Dismissal:
 - A. "Go forth, the Mass is ended."
 - B. "Go and announce the Gospel of the Lord." (cf. Mark 16:15)
 - C. "Go in peace, glorifying the Lord by your life." (cf. Ps 115:1; 1 Cor 10:31; 2 Thess 1:12)
 - D. "Go in peace." (cf. Exod 4:18; Deut 10:11-13; Judg 18:6; 1 Sam 1:17; Mark 5:34; Luke 7:50; 8:48)

Notes:

All scripture listed may not be all relatable text. If there is a "cf" in front of a verse, this means that the general idea comes from this scripture and is not a word for word recitation. "Cf" is the abbreviation for the imperative singular form of the Latin word "confer". In English, it is commonly referenced to "compare".