

ADW FAITH  
FOUNDATIONS

# THE MASS – AN INTRODUCTION

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## AN INTRODUCTION

### **OBJECTIVES:**

You will be able to explain:

- 1) The origin of the Mass in the life of Jesus and its early historical development.
- 2) The basic structure of the Mass, particularly the Introductory Rites and the Liturgy of the Word.

# THE ORIGINS OF THE MASS

## THE LAST SUPPER

**Paschal Mystery** = the Heart of the Liturgy

**Washing of Feet** = Penitential Rite

**Teaching of the Disciples** = Liturgy of the Word

**The Third Cup** = The Prayer of Consecration

## THE FOURTH CUP

**The Cup of Consummation** = fulfillment of the New Covenant Passover

*The Passover, Christ's Sacrifice, and the Eucharist are all intimately related.  
We are called to receive Jesus in Holy Communion*



# THE ROAD TO EMMAUS

And it happened that, while he was with them at table, he took bread, said the blessing, broke it, and gave it to them. With that their eyes were opened and they recognized him, but he vanished from their sight. Then they said to each other, "Were not our hearts burning within us while he spoke to us on the way and opened the scriptures to us?" So they set out at once and returned to Jerusalem where they found gathered together the eleven and those with them who were saying, "The Lord has truly been raised and has appeared to Simon!" Then the two recounted what had taken place on the way and how he was made known to them in the breaking of the bread.

*- Luke 24: 30-35*

# THE DIDACHE AND THE MASS

## Concerning the Eucharist

*9:1 Concerning the Eucharist, give thanks this way:*

*9:2 First, concerning the cup: We thank you, our Father, for the holy vine of David your servant, which you made known to us through Jesus your servant. To you be the glory forever.*

*9:3 Next, concerning the broken bread: We thank you, our Father, for the life and knowledge which you made known to us through Jesus your servant. To you be the glory forever.*

*9:4 Even as this broken bread was scattered over the hills, and was gathered together and became one, so let your church be gathered together from the ends of the earth into your kingdom. To you is the glory and the power through Jesus Christ forever.*

*9:5 Allow no one to eat or drink of your Eucharist, unless they have been baptized in the name of the Lord. For concerning this, the Lord has said, "Do not give what is holy to dogs."*

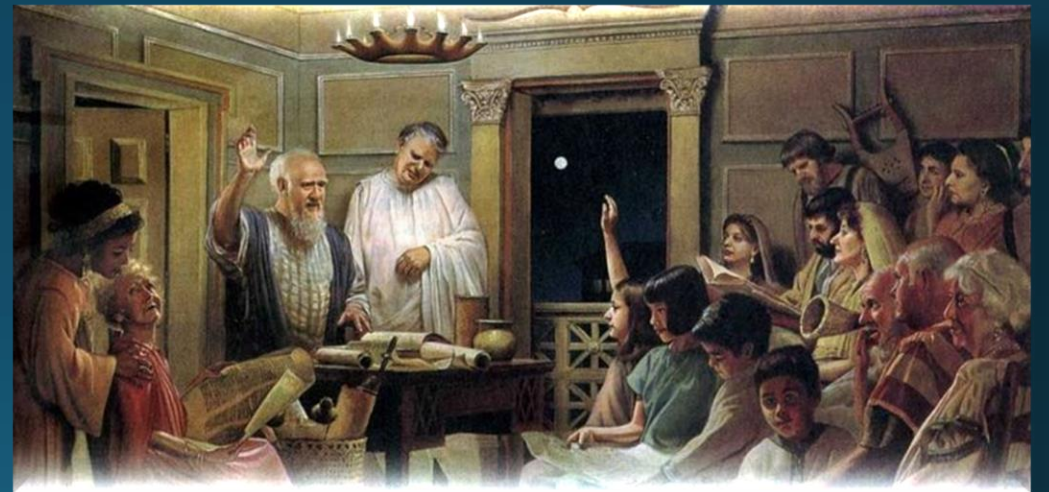


# HOW THE MASS DEVELOPED

LITURGY OF THE WORD:  
JEWISH SYNAGOGUE SERVICE



LITURGY OF THE EUCHARIST:  
HOUSEHOLD CHURCHES



# St. Justin Martyr on the Mass

*"...and this food is called among us 'Eukaristia', of which no one is allowed to partake but the man who believes that the things which we teach are true, and who has been washed with the washing that is for the remission of sins and unto regeneration, and who is so living as Christ has enjoined. For not as common bread and common drink do we receive these; but in like manner as Jesus Christ our Savior, having been made flesh by the Word of God, had both flesh and blood for our salvation, so likewise have we been taught that the food which is blessed by the prayer of His word, and from which our blood and flesh by transmutation are nourished, is the flesh and blood of that Jesus who was made flesh."*



*Saint Justin, early Christian apologist of the 2<sup>nd</sup> century. Born at Flavia Neapolis around 100AD. Converted to Christianity around 130AD. Martyred in 165AD. Feast Day: April 14.*

CCC #1345, 1650; St. Justin Martyr, First Apology, chapters 65-67, written circa 155 A.D.

# DISCUSSION AND REFLECTION

- *How important is Sunday, or the Lord's Day, in my own life?*
- *How do I keep this day holy?*
- *Do I experience Sunday Mass as the high point of my week?*



# THE STRUCTURE OF THE MASS

## INTRODUCTORY RITE

*WE OFFER OUR PRAYER*

- Greeting
- Opening Prayer
- Gloria
- Penitential Rite
- Kyrie eleison

## LITURGY OF THE WORD

*WE RECEIVE INSTRUCTION*

- Old and New Testament Readings
- Responsorial Psalm
- Gospel
- Homily
- Creed

## LITURGY OF THE EUCHARIST

1. *WE BRING OUR GIFT*
2. *WE OFFER OUR GIFT*
3. *WE RECEIVE GOD'S GIFT*

- Offertory
- Eucharistic Prayer
- Communion Rite

# INTRODUCTORY RITES OF THE MASS



## 1. HOLY GROUND

Genuflection

Recall the Real Presence of Christ in the Tabernacle



## 2. THE SIGN OF THE CROSS

Initial Proclamation of Faith:

Trinity and the Cross



## 3. THE GREETING

Based in St. Paul's greetings in his Epistles

# INTRODUCTORY RITES



## 4. THE PENITENTIAL RITE

Spiritual preparation to celebrate the Mysteries  
We ask for and receive Christ's mercy and forgiveness  
Easter Season – Sprinkling Rite is used and recalls our Baptism



## 5. THE GLORIA

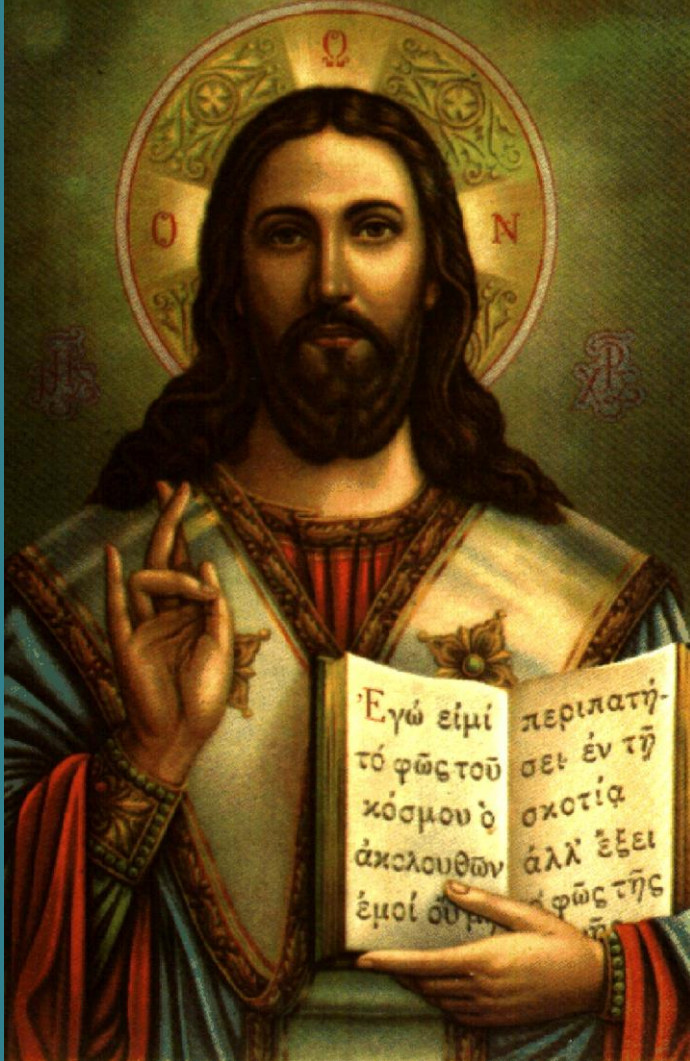
Praise and Adoration offered to the Father, Son, and Holy Spirit  
Join the Choirs of Heaven giving glory to God



## 6. THE OPENING PRAYER

"Collect"  
Contains the theme of the day's celebration

# THE LITURGY OF THE WORD



***LISTEN! HEAR THE WORD PROCLAIMED!***

## Readings:

- Old Testament
- Responsorial Psalm
- New Testament Reading

## Gospel

- Highpoint of the readings
- Encounter with Christ Himself
- To be read by bishop, priest, or deacon

## Homily –

- Given by a bishop, priest, or deacon
- The Word is explained and expounded on
- Holds pride of place as a means for Christian instruction

# THE CREED

## *Lex Orandi; lex credendi*



**Professions of Faith: summaries of the Christian faith**  
**Credo – “I believe”**

**Symbols of Faith – symbolon**

Half of a broken seal or coin

Sign of recognition and communion between believers

Gathering, collection, or summary of beliefs

### **Parts of the Creed**

1. First Divine Person of the Trinity and the work of creation
2. Second Divine Person and the work of redemption
3. Third Divine Person and origin and source of our sanctification

### **Various Creeds**

- Apostles' Creed
- Nicene Creed

# THE UNIVERSAL PRAYER

*What the soul is  
to the body,  
Christians are to  
the world.*

Letter to Diognetus, AD200

- General Intercessions or Prayers of the Faithful
- The Church is the “Universal Sacrament of Salvation”
  - Directly for Christians
  - Indirectly if not Christian
- Lay Faithful exercise their baptismal priesthood

# REFLECTION AND DISCUSSION QUESTIONS

- *Did I learn anything new about the origin and early history of the Mass in this lesson? How does this knowledge strengthen my faith?*
- *What has been my experience of the Mass at different times in my life? How do I experience the Mass now? What has helped me to participate more fully at Mass?*
- *The Liturgy of the Word is nourished by our prayerful reading of Scripture outside of Mass. How familiar am I with Sacred Scripture? Do I own (and use!) a Bible? What resolution can I make for this week to go deeper in my knowledge of Scripture, mindful of St. Jerome's famous admonition: "Ignorance of Scripture is ignorance of Christ"?*

