

Mass Moments

Fall Series: Intro Rites



Key Points - September 29

- **Penitential Act** - "What could we ever hope to understand of the inspired word of God that is about to be read if we did not confess our sins before God and beg Him for His Mercy." (*What Happens at Mass*, pg. 25).
- "To prepare ourselves to celebrate these sacred mysteries," it is important that we know the distinction between the absolution received in sacramental confession and the pardon we receive in the Penitential Act at Mass. Therefore, it is important to avail oneself of sacramental confession for any serious (mortal) sins before receiving Holy Communion.
- The Penitential Act at Mass has several formats to choose from, the most well-known being the Confiteor ("I confess to Almighty God..."). "What is beautiful in this prayer is that in it we not only confess our sins to God, but also to one another" (pg. 25).

Reflection Questions

- Slowly pray through [Psalm 51](#). Which words or phrases speak to you as you seek forgiveness and healing? Keep these words in mind the next time you go to Confession and whenever you come to Mass.
- Reflect on [Luke 18:9-14](#). Imagine yourself as the Pharisee justifying himself by only focusing on his good qualities. In what do you boast or take pride in? Imagine yourself then as the penitent tax collector, who strikes his breast and humbly asks God for mercy. Where and how much do you truly need God's mercy in your life?
- Reflect and discuss with your family how you can build a few moments of quiet or incorporate a Nightly Examen (before bedtime) into your daily schedule, reflecting on your need for God's grace and mercy.

Resources for the Whole Family

Recommended resources this week - scan the QR code to view resources for this series on our website:

- *What Happens at Mass* - Chapter 2, pg. 25 - Intro Rites
- "A Scriptural Walk through the Mass" by Dr. Edward Sri (on FORMED)
- For Children: "The Mass: A Life-Giving Prayer" from the Brother Francis series (on FORMED)

