

# What Are You Missing in the Mass?

## Study Guide



**A Scriptural Study of the Catholic Mass  
Prepared and Compiled by Christa Pichler**

# What Are You Missing in the Mass?

## Session 1

What does James 3:1 say about teachers?

How do you prepare for Mass? Before you walk in the Church?

What is the Mass?

- Ite missa est:
- Which scripture supports this?:
- What does the Catechism of the Catholic Church (CCC) paragraph 1407 say about the mass?

What is the first passage in the Bible where we see Jesus as the Tree of Life?

What does the Holy Water signify as we enter the Church?

What is a sacramental?

Where else in Scripture do we see water and its symbolism of renewal or rebirth?

Why do we genuflect? (Watch video on YouTube: [youtu.be/8uNnxKSYobw](https://youtu.be/8uNnxKSYobw))

# **What Are You Missing in the Mass?**

## **Session 2**

What are Catholic Calisthenics?

Why is Exodus 33:7-10 important to our understanding of the mass?

Why does the Priest venerate (bow and kiss) the altar? Where do we see this in Scripture?

Read Ezekiel 9:4. Why was Ezekiel marking the people on their foreheads?

How do we feel Christ's Crucifixion on our bodies at Mass?

Why did the mass in English get changed from "and also with you" to "and with your spirit"?

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## **Session 3**

How do Exodus 19:9-10 and James 5:16 relate to each other?

How do we receive Jesus in the mass? (Hint - there are 2 ways)

Read Philippians 4:8 - what can we learn from this passage about our thoughts?

How do you find yourself sinning in your words?

Read Matthew 25:40 - Who do your actions impact or hurt?

Where do you see the number three represented in the Mass? What does the number 3 mean in Scripture?

What parts of the Bible does the Gloria come from?

What are the three "acts" of the Gloria?

What is the Collect?

What does "Amen" mean in Hebrew?

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## **Session 4**

What does Pope Paul VI say about the Mass?

What does St. Padre Pio say about the Mass?

What does St. Catherine of Siena say about the Father, Son, and Holy Spirit that may be interpreted as the Mass?

What does this passage mean to you? "Scripture is at once ancient and new, ageless and contemporary, historical and prophetic"

How is the Liturgy of the Word prefigured in Exodus 24:7-8?

How is the passage about Jesus walking on the Road to Emmaus similar to the Mass?

What is the difference between a contract and a covenant?

What part of the Bible does the First Reading come from?

Who was the first person with whom God made a Covenant?

How should we respond when we say "Thanks Be to God" after the first and second readings?

Which reading is not always related to the other three?

# **What Are You Missing in the Mass?**

## **Session 5**

How do you talk to your guardian angel?

How are a sermon and a homily different?

What does 1 Corinthians 1:18-23 say?

Should the Priest connect the Scripture to the experience of the people? Why?

What is the function of the Homily at Mass?

What parts or elements should a Homily have? Or some combination of the following.

1.

2.

3.

4.

5.

6.

7.

8.

9.

10.

11.

To whom should the Priest direct his homily? Why?

To what are we responding when we acclaim the Nicene Creed?

How is the Nicene Creed different than the Glory to God?

Why is Pontius Pilate is referenced in the Nicene Creed?

What are the four main beliefs we have of the Catholic Church (hint: end of the Nicene Creed)?

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## **Session 6**

How is our collection today like the early Christians' offerings?

What are some passages from the Bible where "Blessed by the Lord" is referenced?

What are some of the reasons that the ancient Christians mixed water with the wine?

What are the spiritual meanings to this today?

What is the Jewish pattern for the Passover meal?

Why do they call the Mass the Heavenly banquet?

What does Sanctus mean?

What is a major difference between the Catholic faith and non-Catholic faiths? (Read Matthew 26:26-28)

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## **Session 7**

What does anamnesis mean? (Read CCC1363)

What is the Mystery of Faith?

Why do we need to be properly disposed to receive the Eucharist?

What does Pater Noster mean?

How is the Eucharist like the Manna that the Israelites ate in the desert?

What is Shalom peace?

What does John 14:27 have to do with the Mass?

What is the Fraction Rite?

What is Viaticum? (Read CCC1524)

Who was the first person to call Jesus the "Lamb of God"?

How should you receive communion?

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## **Session 8**

What is the post-Communion exit?

How can you grow spiritually by the post-Communion exit?

Why does the priest say, "The Lord be with you."?

What are the three assurances we offer the priest when we say, "And with your spirit."?

How is the sign of the cross different at the beginning and the end of Mass?

What does *ite Missa est* mean?

What does CCC 1332 say about the mass?

Which Pope wrote the St. Michael the Archangel prayer?

Why did this Pope write the prayer?

What should you do immediately after mass?