



JOHN 6:24-35

"WHEN YOU APPROACH THE TABERNACLE, REMEMBER THAT HE HAS BEEN WAITING FOR YOU FOR TWENTY CENTURIES."
ST JOSEMARIA ESCRIVA

I don't get anything out of Mass!

THINK ABOUT THE FOLLOWING QUESTIONS... AND BE HONEST!

- Do you always like going to Mass?
- Have you ever tried getting out of going to Mass?
- Have you ever said, "I don't get anything out of Mass, it's boring!"?
- How do you spend your time at Mass if you go?



WATCH FR MIKE SCHMITZ' VIDEO: MOTIVATION TO GO TO CATHOLIC MASS AND REFLECT ON THE QUESTIONS THAT FOLLOW

- What does Fr Mike say is the heart of every religion throughout the world?

- What does Fr Mike say is the heart of worship is?

- What was the rule growing up in his household about attending Mass?

- Fr Mike talks about people saying: "I don't get anything out of it". What two things does he mention that we get out of every Mass?

- Fr Mike explains how we should think in terms of what we give to God at Mass instead of what we get out of Mass. He says that we should give ourselves, and also our very best. What (or Who) is the best thing ever that we offer up to the Father at every Mass?

Research: Why is Jesus called the Paschal Victim? This is also why we call Jesus the "Lamb of God". Think back to Moses leading the Israelites from slavery in Egypt and the Passover meal they celebrated, and how that was commemorated by Jewish people from then on.



- Fr Mike tells the story of his mom's birthday celebrations. What kind of gifts did she ask for?



- What was essentially missing from the gifts her children gave her?
- Who were those gifts really for / really about?



Fr Mike encourages us to ask: "Am I interested in worshipping God, or just in worshipping myself? "



THE HEART OF EVERY RELIGION IS WORSHIP. THE HEART OF WORSHIP IS SACRIFICE. FR MIKE SCHMITZ



JOHN 6:24-35

I don't get anything out of Mass!

Soul of Christ, sanctify me. Blood of Christ, inebriate me. Water from the side of Christ, wash me. Passion of Jesus, hear me!

HOW WOULD YOU EXPLAIN THAT MASS ISN'T ABOUT WHAT WE GET OUT OF IT, BUT RATHER WHAT WE GIVE TO GOD?

Three horizontal lines for writing an answer to the question above.



Now Read John 6:24-35



Think about the following questions: What was the Manna their ancestors ate in the desert? Why do you think Jesus calls Himself the Bread of Life? What does Jesus want to do for His followers (and for us today)?

Two horizontal lines for writing answers to the reflection questions.

SET ASIDE A FEW MINUTES TO WATCH THE SHORT FILM: "THE VEIL REMOVED". BEFORE YOU WATCH, ASK THE LORD TO OPEN YOUR HEART TO THE MYSTERIES HE WANTS TO REVEAL TO YOU ABOUT THE HEART OF WORSHIP, THE SACRIFICE OF THE MASS AND TO LET THIS EXPERIENCE HELP YOU TO UNDERSTAND THE MASS IN A DEEPER WAY.



O Sacrament Most Holy, O Sacrament Divine, all praise and all thanksgiving be every moment Thine!

"Out of the darkness of my life, so much frustrated, I put before you the one great thing to love on earth: the Blessed Sacrament ... There you will find romance, glory, honour, fidelity, and the true way of all your loves upon earth." - JRR Tolkien



CREATE A PLAYLIST TO LISTEN TO AS YOU OPEN YOUR HEART TO WORSHIP THIS WEEK



- [Remembrance \(Matt Maher\)](#)
- [Receive our adoration \(B Brown\)](#)
- [This is Jesus \(Jim Cowan\)](#)
- [You gave Your life away \(P Baloch\)](#)
- [Remembrance \(Hillsong\)](#)
- [Worthy is the Lamb \(Hillsong\)](#)
- [I will offer up my life \(Matt Redman\)](#)
- [The Heart of Worship \(Matt Redman\)](#)

Click the links for the YouTube videos to listen to some suggestions!

