

**Getting More Out Of  
(and giving more *in...*) Holy Mass**

**Priest's "Secret" Prayers During Mass:**

**Before proclaiming the Gospel:**

"Cleanse my heart and my lips, almighty God, that I may worthily proclaim Your holy Gospel."

**After proclaiming the Gospel:**

"Through the words of the Gospel may our sins be wiped away."

**Mixing the water and wine:**

"By the mystery of this water and wine may we come to share in the divinity of Christ who humbled himself to share in our humanity."

**After offering the Bread and Wine:**

"With humble spirit and contrite heart may we be accepted by you, O Lord, and may our sacrifice in your sight this day be pleasing to you, Lord God."

**When the Host is mingled with the Precious Blood:**

"May this mingling of the Body and Blood of our Lord Jesus Christ bring eternal life to us who receive it."

**After the Lamb of God:**

"May the receiving of your Body and Blood, Lord Jesus Christ, not bring me to judgment and condemnation, but through your loving mercy be for me protection in mind and body and a healing remedy.

-or-

"Lord Jesus Christ, Son of the living God, who, by the will of the Father and the work of the Holy Spirit, through your Death gave life to the world, free me by this, your most holy Body and Blood, from all my sins and from every evil; keep me always faithful to your commandments, and never let me be parted from you."

**While purifying the vessels:**

"What has passed our lips as food, O Lord, may we possess in purity of heart, that what has been given to us in time may be our healing for eternity."

**Prayer of Offering**  
St. Ignatius of Loyola

Receive, Lord, my entire freedom.  
Accept the whole of my memory, my intellect and my will.  
Whatever I have or possess, it was You Who gave it to me;  
I restore it to You in full, and I surrender it completely to  
the guidance of Your will. Give me only love of You together with  
Your grace, and I am rich enough and ask for nothing more.  
Amen

### **Tips for "getting more" from Mass**

- 1.)** Try and get to church early, or at least spend some time Saturday night or Sunday morning recalling your week and imagining bringing it to God.
- 2.)** Participate fully by listening to the prayers, singing the songs, and remembering little things that stand out to you.
- 3.)** Bring some paper or a small journal, jot down a word, a phrase, or a way God spoke to your heart in the readings, the prayers, the homily, etc. Review this once a day for the week.
- 4.)** During the collection think of the things you are grateful for, your worries/ fears, your prayers for others and yourself and imagine placing them on the altar with the bread and the wine.
- 5.)** Tell Jesus you love Him as you receive Him in Communion, even if that means telling Him you don't quite know what that means!
- 6.)** After Communion, as the priest and deacon are purifying the vessels, thank the Lord for His love for you and His Presence in your soul.
- 7.)** After thanking Him, imagine again giving Him everything that concerns you, brings you joy, saddens you, etc.
- 8.)** On the way out or home, talk about Mass with your family, or your friends. How did you meet the Lord today? What stood out to you?
- 9.)** Choose one of the readings and continue to read it through the week, once in the morning and in the evening and continue to let the Word of God speak to you, as the power of the Eucharist unfolds within you.

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