

Sunday is A DAY OF WORSHIP

From Sacred Scripture

John 4:23-24

But the hour is coming, and is now here, when true worshipers will worship the Father in Spirit and truth; and indeed, the Father seeks such people to worship him. God is Spirit, and those who worship him must worship in Spirit and truth.

From the Mass, Source and Summit of Life

The Holy, Holy, Holy at Mass captures the idea of the holiness and transcendent nature of God. We are caught up in the vision of God and the worship of God in Heaven that transcends time and space. We are called to praise, adore, and worship our God who is all-holy.

Holy, Holy, Holy Lord God of hosts.

Heaven and earth are full of your glory.

Hosanna in the highest.

Blessed is he who comes in the name of the Lord.

(The Roman Missal)

In the great praise of God in the Doxology, the celebrant makes the prayer through, with and in Christ, in union with the Holy Spirit, and presents this prayer to God. The people respond with the Great Amen!, affirming their participation and faith in the sacrifice of praise.

Through him, and with him, and in him, O God, almighty Father,
in the unity of the Holy Spirit, all glory and honor is yours, for ever and ever. Amen!
(The Roman Missal)

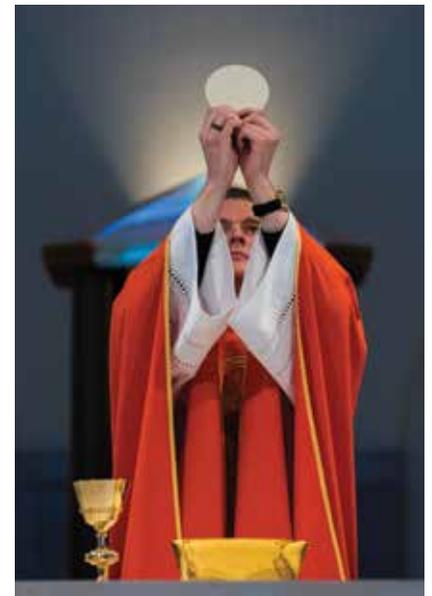
From the Riches of Our Faith

Our society often reinforces within us an egocentric, overly individualistic worldview. It is all too easy for us to construct for ourselves a myth of being self-made men and women. We easily forget the Gospel truth that all is a gift and all is from God. We need to worship, in all humility, our Creator, who is all-holy, all-powerful, all-loving, and all-forgiving. He is our source, our sustenance and our goal.

"Jesus' gift of himself in the sacrament which is the memorial of his passion tells us that the success of our lives is found in our participation in the trinitarian life offered to us truly and definitively in him. The celebration and worship of the Eucharist enable us to draw near to God's love and to persevere in that love until we are united with the Lord whom we love. The offering of our lives, our fellowship with the whole community of believers and our solidarity with all men and women are essential aspects of... spiritual worship, holy and pleasing to God (Cf. Romans 12:1), which transforms every aspect of our human existence, to the glory of God" *(Sacramentum Caritatis, 94)*.

God demands worship from us, His creatures, whom He made and keeps in existence. The type of worship He demands is worship made "in spirit and in truth," communally offered in the Church, a renewal and re-presentation of the ultimate act of worship, the death of His Son on the Cross.

It has been said that the most perfect of prayers is also the simplest. Two words. "Thank you!" It is no coincidence that the Great Prayer of the Church is the same, the meaning of the word "Eucharist" is to "give thanks."



The greatest human activity is to worship God and give thanks for God's goodness. The world may see the worship of God through the Mass as something finite, yet the reality of the sacrifice of Christ allows the faithful to enter the infinite life of love of the Blessed Trinity.

Live It!

- Reflect on how you can order every part of your life to show that God is God and give Him your entire self. Give God your love, praise, and thanksgiving. As a family, talk about one main thing that struck each of you from the homily at Sunday Mass.
- Meditate on the aspects of Sunday worship that are most meaningful to you. Share your insights on worship with family and friends.
- Meditate upon a poem, symphony, opera, painting, sculpture, ballet, or other work of art and let your soul savor the majesty of God in the gift of Beauty.

Sacred Scripture throughout the Week

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| 1. | 1 Chronicles 16:23-31 | Announce the Lord's salvation. |
| 2. | Isaiah 6:1-4 | Holy is the Lord. |
| 3. | Isaiah 58:13-14 | Delight in the Lord. |
| 4. | Psalms 33:1-3 | Rejoice in the Lord. |
| 5. | Mark 11:15-19 | God's house is a house of prayer. |
| 6. | Romans 12:1 | Offer yourself as worship. |

Remember, Sunday is a Day of Worship.