



Understanding the Mass

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Part 5: The Source and Summit

The Liturgy is the public work of God on behalf of His people. All Sacraments are liturgies but the Liturgy of the Eucharist, the Mass, stands out as the ultimate expression of Christ's love.

The Holy Sacrifice of the Mass was instituted by Him out of his love for us. He is the principle agent acting through the priest. In the Mass, He allows us, as Baptized Catholics, to join in the ultimate sacrifice of His death on the cross for the glorification of our Father and in the process we become holy. His suffering and death on the cross in addition to His Body, Blood, Soul and Divinity are all made present through the power of the Holy Spirit.

No other Sacrament or prayer can do this. **No other Sacrament can produce the constant flow of grace which animates and gives power to our Christian lives.** That is why the Church calls the Liturgy of the Eucharist, the Mass, the source of our Christian Life.

It is also the summit, the goal of our Christian life, the closest thing we have to Heaven here on Earth. The objective we must all work towards when we are not at a Mass is to make our society a little more like Heaven, to prepare the world for the Second Coming of our Lord and Savior.

As the mechanism through which Jesus produces a constant flow of grace, the Mass is the source or origin of our Christian life and as the ultimate goal of Heaven on Earth, it is the summit or fulfilment towards which all our Christian work is focused.

God Bless You,

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