

Tips on how to PRAY it up in Mass:

1. Be in the state of grace.
-If you need to go to confession, 11am and 5pm on Saturdays in the chapel, get there. Don't give the devil room to work and deprive yourself of the Eucharist!
2. Arrive to Church 10-15 minutes before Mass starts.
-Give yourself time to pray and don't rush in the minute Mass starts.
3. Grab yourself a missalette.
-Read the readings beforehand. It will also help you with the responses and go thru the order of the mass.
4. Sit where you can really enter the mass.
-If that means sit closer, than sit closer. Don't be a pew warmer in the back of the church. There are already enough Catholics back there already. Sit as close to the "action" as you can and avoid sitting next to someone who will distract you.
5. Kneel and pray.
-Ask for the grace to be focused on the words and actions of the mass. Leave the distractions of life behind and prepare for the awesome mystery you're about to celebrate.
6. Give your full, conscious and active participation.
-Mass is a contact sport, not a spectator sport. Pray this mass as if it were your first mass, pray this mass as if it were your last mass (cause it could be), pray this mass as if it were your only mass.
7. Desire to know God, and learn more about the wonders of the Holy Mass.
-Through prayer and study. If only we really understood the amazing things that happen at Mass, we would go not only every week but every day. "Give us this day our daily bread"