

MY



MASS BOOK

*Adapted for children
by Jennifer Groft*



Kneel when you come into the church. Take a moment to pray. This picture will remind you when it is time to kneel.

Hello, Jesus.

I'm so glad to be back in

Your Presence again!

Please help me to think about you and to be good in mass. I love You.

Amen.



Sit until mass starts. This picture will remind you when it is time to sit.



Stand tall like a giraffe! This picture will remind you when it is time to stand up.

Now we sing to help get our hearts ready for Jesus while the priest processes in.



What color is the priest wearing?
Why is he wearing that color?



The priest greets us and starts the mass with a prayer.



Then we tell God we are sorry and ask Him to forgive us, to have mercy on us, and to help us to do better.

Kyrie Eleison means Lord, have mercy.

Think of some things you are sorry about.



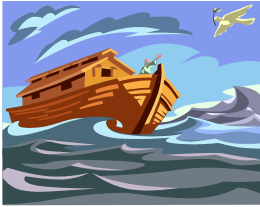
We join with the angels in singing:
GLORY TO GOD IN THE HIGHEST!





THE LITURGY OF THE WORD

We listen to stories and teachings from the Bible.



There is the first reading, usually from the Old Testament.

What book is this reading from today?

Then a Psalm, sometimes we sing this.

King David wrote most of these. They teach us how to pray.



The second reading is usually taken from the Letters in the New Testament.

What book is this reading from today?



Alleluia!

We sing as we get ready to hear the words of Jesus.

If you don't hear the Alleluia, what does that mean?
What do we say instead?

The Gospel

(Which one are we hearing today?)

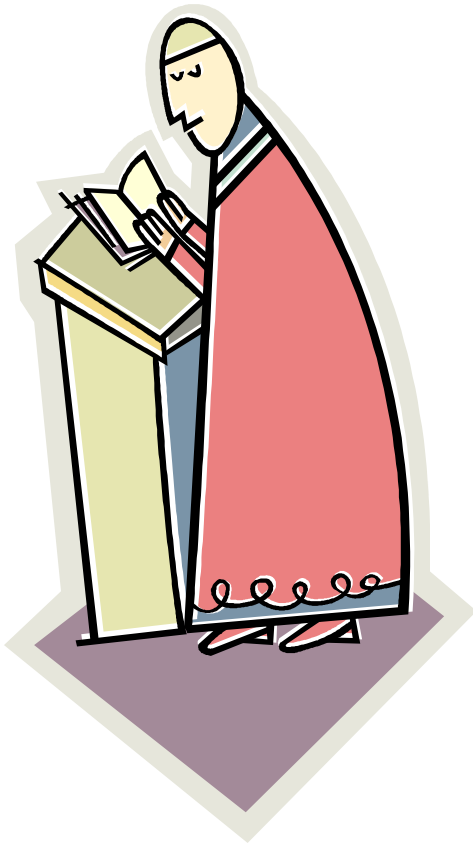
These are the things that Jesus said and did while He was with us on earth.





The Homily

The priest, deacon, or bishop helps us to understand the readings and to live our life more like God wants us to.





The Creed

We say what we believe as Catholics in the Creed.

I believe in one God, the Father Almighty, maker of heaven and earth, and of all things visible and invisible.

I believe in one Lord Jesus Christ, the Only Begotten Son of God, born of the Father before all ages.

God from God, Light from Light, true God from true God, begotten not made, consubstantial with the Father; through Him all things were made.

For us men and for our salvation came down from heaven, (All bow) and by the Holy Spirit was incarnate of the Virgin Mary, and became man.

For our sake He was crucified under Pontius Pilate, He suffered death and was buried and rose again on the third day in accordance with the Scriptures. He ascended into heaven and is seated at the right hand of the Father. He will come again in glory to judge the living and the dead and His kingdom will have no end.

I believe in the Holy Spirit, the Lord, the giver of life, who proceeds from the Father and the Son, who with the Father and the Son is adored and glorified, who has spoken through the prophets.

I believe in one, holy, catholic, and apostolic Church. I confess one Baptism for the forgiveness of sins and I look forward to the resurrection of the dead and the life of the world to come. Amen.



We pray together for those who need God's help.



THE LITURGY OF THE EUCHARIST



The bread and wine are brought up for communion.

We give money to Jesus. He has given us everything we have and we are happy to share with Him and the Church.



Think of what you can offer to God in the coming week. There are many ways to give to Him: money, prayer, sacrifices, and even your talents and behavior.



The priest begins to prepare the altar for communion.



We say or sing the Holy, Holy, Holy

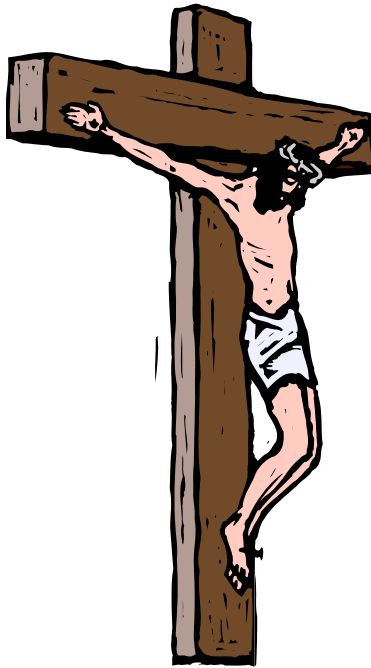
Holy, Holy, Holy, Lord God of hosts.
Heaven and earth are full of your
Glory.
Hosanna in the highest.
Blessed is He who comes in the name
of the Lord.
Hosanna in the highest.

Sanctus, Sanctus, Sanctus
Dominus Deus Sabaoth.
Pleni sunt caeli et terra gloria tua.
Hosanna in excelsis.
Benedictus qui venit in nomine
Domini.
Hosanna in excelsis.



The Consecration

The priest prays over the bread and the wine and they become the Body and Blood of Jesus.



The priest ends with, "Through Him, with Him, and in Him, oh God, Almighty Father, in the unity of the Holy Spirit, all glory and honor is yours, forever and ever."



AMEN

We say or sing "Amen" which means I do believe.



Then we stand and pray the words Jesus taught us.

Our Father, Who art in heaven
Hallowed be Thy Name;
Thy kingdom come,
Thy will be done,
on earth as it is in heaven.
Give us this day our daily bread,
and forgive us our trespasses,
as we forgive those who trespass against us;
and lead us not into temptation,
but deliver us from evil.

For the kingdom, the power, and the glory are yours
now and forever.



We shake hands and hug and wish each other peace. Jesus wants us to have peace and to share it.



We say Lamb of God or Agnus Dei to remember that Jesus died for our sins.



We process up for communion. We are respectful because we are approaching God.



We return and kneel and thank God for His great gift to us. It was His whole life.

Soul of Christ, make me holy.
Body of Christ, save me.
Blood of Christ, fill me with love.
Water from the side of Christ, wash me.
Pain of Christ, strengthen me.
Oh good Jesus, hear me.
Within your wounds, hide me.
Never let me be away from you.
From the evil one, protect me. Amen.





The priest blesses us all in the name of the Father, the Son, and the Holy Spirit.



We sing praises and the mass is done.



How did you do in mass today?



Very good! I listened
and sat still.



I tried to be good, but
I forgot a few times.
I'll keep trying!