

## TIPS FOR “GETTING MORE” OUT OF MASS FOR ADULTS

1. Start by choosing to attend Mass because you want to spend time with God, not because you have to, you're supposed to, or someone else wants you to do so. Make it your own choice; your own free will. Be open to deepening your relationship with God.
2. The Church is God's Family on earth. Be aware of the community that you are a part of as you enter the building. Greet others with a smile, a nod, or say “hi” whether you know them or not. You are about to be united with them in worship.
3. Arrive early enough to settle yourself in and prepare to celebrate God's love. As you pass the gifts of bread and wine set out for Mass, recall your struggles in the past week, remember Jesus' sacrifice, and know that He understands. Bless yourself with the Holy Water and remember that your Baptism welcomed you into this community - that you belong to God.
4. As you enter your seat, genuflect looking at the tabernacle where the Body of Christ is kept safe. Feel God's presence. Kneel and pray with an open heart, knowing that God hears you. Tell God you love Him and want a deeper relationship. Thank him for the goodness in your life. Tell Him you are sorry for anything that is still on your conscience. Ask for help with a problem you or someone else has. Talk to Him like you would your most trusted friend for that is who He is.
5. Focus your mind on what you are doing as you participate in the singing, prayers, and responses. It's easy to let thoughts drift when the service is familiar, so this takes concentration. Choosing a seat close to the front will help. Communication requires both parties to be engaged if it is to be effective and God is trying to get your attention!
6. Listen closely to the words and stories to hear a phrase or idea that speaks to your heart. You may hear it in the readings or the homily, but it could also come in a prayer, song, or response. Hold on to that thought and ponder it during the quiet times in Mass, as you go through the rest of the day, and during the week ahead. What does it say to you? Why did it catch your attention?
7. Watch as the bread and wine are brought up to the Altar. See yourself and all that you do in this offering. Listen during the Eucharistic Prayer and hear your offering being changed into the Body and Blood of our Lord. Pray the Our Father as if you were hearing it for the first time and recognize the deep meaning of the words. Offer peace to those around you and realize the power in this message.
8. Receive Jesus with your mind focused on the enormity of what you are doing. Allow yourself to experience the love God has for you. Listen with your heart to what God is saying. Trust Him to come to you.
9. Stay though the final blessing and to the end of the singing. Again connect with the community you've celebrated with, as you go out to continue God's work in the world.