

How can I best pray for this person? Whether it is someone who has passed away from this world, someone who is a friend or family member who is in need, or just someone we want to pray for in a special way because we care about them, what is the most powerful or best or highest form of prayer we can say on their behalf? The short answer is – **offer a Mass intention** for them because, objectively, that is highest form of prayer possible in the history of humanity on this earth.

We all want to pray for people who we love or people that we know are in need, but sometimes we might struggle with exactly how should I pray for them? Do I just say their name? Do I pray an Our Father? A Hail Mary? A Glory Be? Do I just talk to God for a while about their situation? What is the best way to pray for them, and how should I be approaching this type of intercessory prayer?

The answer to all of these questions above is – YES! There are many types of ways to pray for people, and whether it is saying just one Our Father, just saying someone's names, or just talking to God about someone who needs prayers, all of those methods are beautiful ways of asking God to pour out His grace in their lives in a special way. But in addition to these methods of praying from our hearts, we should also realize that prayer as a general rule is always moving through Jesus to God the Father on our behalf. Jesus is the one mediator between God and human beings (1 Timothy 2:5). In other words, Jesus presents and brings all our prayers to God the Father in order for them to become spiritually fruitful for our souls and for the spiritual good of the entire world.

With that understanding, now we can return to our original conclusion. Why is the Mass the most powerful form of intercessory prayer? When we intercede on behalf of others, why is the Catholic Mass considered the most powerful way to pray for them? The reason is very simple – Jesus becomes most fully present to us during the Mass. In fact, as we reflected on over these past few weeks, Jesus indeed becomes fully present, but it is truly Jesus' love (Because Jesus is the infinite God become man) and His one sacrifice on the Cross that transcends time and space to become fully present to us at every single Mass. Think about it like this: **what if you could stand at the foot of Cross and pray for people that you love?** What if you could walk with Jesus on the way to Calvary and pray for others? What if you could sit with Jesus after He rises from the dead, and pray for people that are in need?! This is exactly what happens when you offer a Mass intention on behalf of someone here at our Church!

Practically speaking,

- all you need to do is to contact our parish office and ask to have a Mass said for a particular person (whether they are still alive or certainly even if they have passed away).
- You can request a specific date (or just the next date available), and if that is not already taken, then my main intention as the priest will be to offer a Mass for your intention on that day.
- We do ask for a \$10 donation for each Mass intention, but if there is some reason that this is too difficult for you, please let me know, and we can make something work in this regard.
- Finally, we also offer physical cards for each Mass intention that you can take with you (either to keep for yourself or to give as a gift to others – for example, giving the card to a family that has lost someone they love).

There is much more that could be said, but suffice it to say, the Mass is the perfect prayer because it is Jesus who becomes present, Jesus who takes our prayers, and Jesus who makes them fruitful for others!