

# 7 Ponderful REASONS WE ASSIST AT HOLY MASS

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Episode 30

## **1. TO WORSHIP AND ADORE GOD.**

“But an hour is coming, and is now here, when true worshipers will worship the Father in spirit and truth; and indeed the Father seeks such people to worship him.” *John 4:23*

## **2. FOR THE ATONEMENT OF SINS.**

“Therefore, he had to become like his brothers in every way, that he might be a merciful and faithful high priest before God, to expiate the sins of the people.” *Heb 2:17*

## **3. IN THANKSGIVING TO GOD FOR EVERYTHING GOD GIVES US.**

“Rejoice always; pray without ceasing; in all circumstances give thanks; for this is God’s will for you in Christ Jesus.”  
*1Thes 5:16-18*

## **4. TO PETITION AND ASK GOD FOR HIS HELP IN ALL OUR NEEDS.**

“Be anxious for nothing, but in everything by prayer and supplication with thanksgiving let your requests be made known to God.” *Phil 4:6*

## **5. TO BECOME A HOLY TABERNACLE FOR OUR LORD.**

“My soul proclaims the greatness of the Lord And my spirit rejoices in God my Savior.” *Luke 1:46-47*

## **6. TO BE WHERE HEAVEN AND EARTH MEET.**

“Worthy are You, Lord our God, to receive glory and honor and power; for you created all things, because of your will they came to be and were created.” *Rev 4:11*

## **7. IN OBEDIENCE TO THE CHURCH.**

“I urge you therefore, brothers, by the mercies of God, to offer your bodies as a living sacrifice, holy and pleasing to God, your spiritual worship.” *Rom 12:1*

## WHAT THE SAINTS HAVE TO SAY ABOUT THE MASS

- “When the Eucharist is being celebrated, the sanctuary is filled with countless angels who adore the divine victim immolated on the altar.” –*St. John Chrysostom*
- “The angels surround and help the priest when he is celebrating Mass.” –*St. Augustine*
- “If we really understood the Mass, we would die of joy.” –*Saint Jean Vianney*
- “The celebration of Holy Mass is as valuable as the death of Jesus on the cross.” –*Saint Thomas Aquinas*
- “There is nothing so great as the Eucharist. If God had something more precious, He would have given it to us.” –*Saint Jean Vianney*
- “It would be easier for the world to survive without the sun than to do without Holy Mass.” –*St. Pio of Pietrelcina*
- “How happy is that guardian angel who accompanies a soul to Holy Mass!” –*St. John Marie Vianney*
- “There is no prayer or good work so great, so pleasing to God, so useful to us as the Mass.” –*St. Lawrence Justinian*
- “If we only knew how God regards this Sacrifice, we would risk our lives to be present at a single Mass.” –*St. Pio of Pietrelcina*
- “Put all the good works in the world against one Holy Mass; they will be as a grain of sand beside a mountain.” –*St. John Vianney*
- “Man should tremble, the world should quake, all Heaven should be deeply moved when the Son of God appears on the altar in the hands of the priest.” –*St. Francis of Assisi*
- “If we knew the value of the Holy Sacrifice of the Mass, how much greater effort we would put forth in order to assist at it!” –*St. John Marie Vianney*

