

Why go to Mass?

Because God commanded us to, "Keep holy the sabbath..." (Exodus 20:8). For Christians, the "sabbath" is the day of the week Christ rose from the dead, which is Sunday, the *Lord's Day*. It is the day we visit God in His House (along with our fellow Christians) to worship Him, give Him thanks, and meditate on His Holy Word (see, [CCC 2180-2195](#)). God knows that if we do not worship *Him*, we will worship something, or someone, He created (see, [Romans 1:25](#)).



We also attend Mass each week because the Son of God commanded us to, "eat his flesh and drink his blood or we will have no life in us..." (see, [John 6:47-58](#)). Jesus called himself the "Bread of Life," and *feeds our soul* with his Divinity at each Mass.

It doesn't matter if we can't fully understand *how* Christ is truly present in the Holy Eucharist, we should trust that Jesus knows what he's talking about, even if we do not. As Jesus tells us in John 14, "*If you love me, you will keep my commandments*" ([John 14:15](#)). When we go to Mass, we are keeping his commandment to, "*love the Lord our God with all our heart, all our soul, all our mind, and all our strength...*" ([Mark 12:29-30](#)). This is why Paragraph 2181 of the *Catechism of the Catholic Church* reminds us:

*The Sunday Eucharist is the foundation and confirmation of all Christian practice. For this reason, the faithful are obliged to participate in the Eucharist on days of obligation, unless excused for a serious reason (for example, illness, the care of infants) or dispensed by their own pastor. Those who deliberately fail in this obligation commit a **grave sin**.* ([CCC 2181](#))

God commands us to set aside one day of the week to totally focus on our relationship with Him and the real purpose of our life—which is to prepare our soul for the next life. In order to become a citizen of heaven, we must become *holy*, just as he is *holy* (see, [Leviticus 11:44](#); [John 5:14](#); [John 8:11](#); [Matthew 5:48](#); [1 Peter 1:16](#)).

Jesus gives us the gift of himself...

Christ paid the price for our sins as the, "*Lamb of God, who takes away the sin of the world!*" ([John 1:29](#), [CCC 608](#)). In order to complete the ritual of having our sins forgiven, we must *eat* what was sacrificed to God. (see, [Exodus 12:5-11](#); [Leviticus](#)

[chapters 6-7](#) and [16](#)). Jesus gives us his *body, blood, soul* and *divinity* in the form of bread and wine so we can “eat the lamb” who sacrificed himself for our sins.

We read in John 3, *"God so loved the world that he gave his only Son, that whoever believes in him should not perish but have eternal life. For God sent the Son into the world, not to condemn the world, but that the world might be saved through him..."* ([John 3:16-17](#)).

Each week, we should be eager to come to Mass to demonstrate our gratitude to Christ for teaching us the Words of Life, and giving us himself in the “Bread of Life” in order for us to be saved through him; for if we are not living in Christ each and every day, then we are not really *living*. The *Catechism* reminds us:

For this reason, the Church has always venerated the Scriptures as she venerates the Lord's Body. She never ceases to present to the faithful the bread of life, taken from the one table of God's Word and Christ's Body. ([CCC 103](#), *Dei Verbum*, EN 21).

The Eucharist is our daily bread. The power belonging to this divine food makes it a bond of union. Its effect is then understood as unity, so that, gathered into his Body and made members of him, we may become what we receive.... This also is our daily bread: the readings you hear each day in church and the hymns you hear and sing. All these are necessities for our pilgrimage. ([CCC 2837](#), *St. Augustine, Sermo 57, 7: PL 38, 389*)

The Word became flesh to make us “partakers of the divine nature”: “For this is why the Word became man, and the Son of God became the Son of man: so that man, by entering into communion with the Word and thus receiving divine sonship, might become a son of God.” “For the Son of God became man so that we might become God.” “The only-begotten Son of God, wanting to make us sharers in his divinity, assumed our nature, so that he, made man, might make men gods...” ([CCC 460](#))

Through the power of the Holy Spirit, we take part in Christ's Passion by dying to sin, and in his Resurrection by being born to a new life; we are members of his Body which is the Church, branches grafted onto the vine which is himself: (God) gave himself to us through his Spirit. By the participation of the Spirit, we become communicants in the divine nature.... For this reason, those in whom the Spirit dwells are divinized. ([CCC 1988](#); *St. Athanasius, Ep. Serap. 1, 24: PG 26, 585 and 588*)

Here are some more reasons why coming to Mass each week should be our #1 priority:

By: Lorene Hanley Duquin, OSV News, July 25, 2024

<https://catholicreview.org/10-reasons-we-have-to-go-to-mass/>

God asks us to make one day holy. God asks us to set aside one day to refocus physically, mentally and spiritually. We live in a secular world. Going to Mass helps us to see everything from a different perspective. We begin to see in the depths of our being that God is in charge. We can let go of our own agenda because we know that God will inspire us, guide us and strengthen us for the week ahead.

We need to be part of a community. When we come together at Mass to pray and worship God, we fulfill a deep need inside of us to be in communion with other people. The other parishioners — even if we don't know all of them — give us support, affirmation and encouragement in our attempt to live the Gospel message. They help us to see that we are not alone. They remind us that we are all part of the Body of Christ.

God has a special message for us. When we listen to the readings, the homily and the prayers of the Mass, God speaks to us in a special way. We should come away from each Mass with at least one inspiration that will impact our lives in some way. We just have to pay attention and be open to what the Lord is trying to tell us.

We need to talk to God. When we go to Mass, we speak to God through our singing, our communal responses and prayers, and our personal prayers from the depths of our hearts. During the Mass, we have the opportunity to ask God for what we need, promise God that we will do what he wants us to do, and thank God for the many blessings he has bestowed upon us.

People need our prayers. We can pray for other people anytime, but when we pray for others during Mass, we pray in a special way. It doesn't matter if the other people are separated from us by distance or by death. The Mass brings us together in the Body of Christ, and we become the communion of saints. It is part of the cosmic dimension of the Mass that unites heaven and earth by reaching across time and space.

We need to stand up for what we believe. Being a follower of Jesus is counter-cultural. At every Mass, we have the opportunity to stand up and proclaim what we

believe publicly. We admit that we believe in God, in Jesus, in the Holy Spirit, in the Catholic Church, in the communion of saints, in the forgiveness of sins, and in life after death. It is a powerful statement of allegiance and an opportunity to recommit ourselves.

We need to acknowledge that we make mistakes. At every Mass, we have the opportunity to review the past week. We admit that we have sinned in thought, in word, in deed, in what we have done and what we have failed to do. We seek forgiveness, and we are assured that God still loves us. Before we receive Communion, we admit that we are not worthy and ask God to heal us. Going to Mass helps us to strengthen our commitment to live moral lives.

We need ritual in our lives. Mass is a ritual, which means that through the repetition of prayers, movements, and the changing of bread and wine into the body and blood of Christ, we are formed, disciplined and consoled. The “sameness” of the Mass carries us along the spiritual journey — even when we don’t “feel” like praying. The “sameness” of the ritual allows us to be transformed on a soul level, even if we are unaware of what is happening.

We need to experience something bigger than ourselves. When we go to Mass, we share in the death and resurrection of Jesus. When we offer our ordinary lives to God through Jesus, we enter into God’s great plan for the world. We are strengthened by the Eucharist and sent out into the world to bring the Gospel message to all people. The Mass gives meaning and purpose to our lives. It gives us a sense of destiny and offers the kind of peace that the world cannot give. It helps us develop a sense of wonder and awe. It helps us to see that there is something bigger than ourselves.

Whether you’re 8 years old or in your 80s, at some point in your life you’ve probably struggled with the question, “Why do we have to go to Mass?”

You just may not feel like going at times. You may not like the music or the homilies in your parish. You may think Mass is boring. You may feel as if the parish is not welcoming. You may try to convince yourself that you can pray just as well outdoors or in the comfort of your own home.

Even though you know that going to Mass is a good thing, you can talk yourself out of going by focusing on the negatives. At first, you may feel a little guilty, but eventually, you can justify your decision by convincing yourself that you are too busy, too tired, too bored or too frustrated. When that happens, you miss the great gift that God gives to us [Himself!] in the Holy Eucharist...