

Mystical Meditation on Holy Mass

(Based on a prayer by the late Fr. Luke Zimmer)

****H**oly Mass is a timeless participation in the Liturgy taking place in heaven. Here Jesus presents at the throne of God the Father, continually and once for all His saving actions on Calvary and Jerusalem of old. At the same eternal moment He unites this heavenly liturgy with all the Masses of all times and places. When we attend Holy Mass we are, by the power of the Holy Spirit in Sacrament, really present at Jerusalem of old, at the heavenly liturgy, and with our ancestors and descendants, at every Holy Mass in time and space. It's God's space/time machine. All time is as one to the Lord. At Holy Mass we not only receive Jesus but offer His sacrificial Mystical Body, us included, to the Father for our salvation. So therefore we pray:

Abba Father, Eternal God and our maker and master; We offer you, through Your Holy Church, and the immaculate heart of Mary, in the power of the Holy Spirit, the Body, Blood, Soul, and Divinity of Your only Son, our Lord and savior Jesus Christ. We dare to offer our own small works and prayers joined with this infinitely perfect sacrifice, in union with every mass celebrated today throughout the world, and every day from the time of the apostles until Jesus comes again in glory.

With the One, Holy, Catholic, and Apostolic Church, militant on earth, in cleansing fire, and in glory with Mother Mary, Queen of Heaven, St. Joseph, all our heavenly ancestors, each angel and saint, and each soul in purgatory, and all the mystical Body of Christ on earth, we offer each act of love, adoration, praise and worship. We offer together, each thanksgiving for blessings and graces received. We offer each of our acts of penance, joined with the infinite merits of Jesus on the cross, in reparation for all the sins that have been, are being, and ever will be committed until the end of time. As a holy Body, we petition and intercede for the needs and salvation of all; especially _____ . We offer all these prayers together, in union with the risen Jesus, alive in His Holy World Wide Church at Mass.

We stand before You, Triune God, like the Prodigal Son asking to be accepted; like the Publican asking for mercy; like the Paralytic asking for healing, and like the Good Thief asking for salvation.

Eternal Father, We consecrate ourselves to You. We ask You in the name of Jesus. Through the power of His Precious Blood, through His death on the cross, His resurrection and ascension to Your right hand, to send the Holy Spirit upon all mankind.

Holy Spirit, we ask for an outpouring of Your grace, your blessings and gifts. Please send them upon those who do not believe so they may believe, send them upon the doubtful and confused, so they may understand, upon the lukewarm and indifferent, so they may be enlivened, upon those living in sin so they may be converted, upon the weak so they may be strengthened, and upon the holy that they may persevere.

We ask You, Holy Spirit, to bless our dear Pope. Give him good health in mind, body, soul and spirit. Bless his ministry and make it fruitful. Protect him from all his enemies. Bless all the bishops, priests, deacons, seminarians, religious, lay ministers, and all the baptized under his care. Please grant, O Lord, an abundance of religious, family, and priestly vocations.

We pray, O Lord, that every saving grace be poured in abundance upon all of our families and friends. Especially for: _____ . We intercede for the poor, the sick, the needy, the mentally ill and challenged, and the dying. We pray for the poor souls in purgatory, and those who recently died, especially,

_____ .

In union with all those attending Holy Mass in all times and places, by the gift of the Holy Spirit, we offer ourselves with Jesus to the Father. We consecrate all creation along with ourselves, with all our hopes and desires to You, Heavenly Father, hand in hand with the Holy Family of Jesus, Mary, and Joseph.

We entrust our lives to the archangels Michael, Gabriel, and Raphael, and all the angels as they rally around this Holy Mass, especially our Guardian Angel. We do this in Jesus' name through Mother Mary Queen of the angels. We petition our Heavenly Father to send forth legions of angels to minister to us; Michael, with his legions to ward off the attacks of the world, the flesh, and the devil; Gabriel with his legions to teach us God's way and help us evangelize and catechize; and Raphael with his legions to help us overcome the evil one, strengthen and heal us, protect our travels, supply our needs and give us joy.

Finally we ask that the merits of Jesus made present in Holy Mass bring about peace, justice, and unconditional love that already reflects the coming of the kingdom so beautifully foreshadowed in the Holy Family at Nazareth. Amen, Amen and Amen.