

Liturgy Preparation

This is a fact that all Christians must take up and apply to themselves, that only those who first dispose themselves to listen to the Word of God can then begin to announce it.

The assiduous study of Holy Scripture, accompanied by prayer, initiates that intimate exchange in which, reading, we listen to God Who speaks and, praying, we reply to him with faithful openness of heart. If effectively promoted, this practice will, I am convinced, bring a new spiritual springtime (Pope Benedict, Audience from September, 2005).

In Greek, Liturgy literally means “service”. God gives us what we need through the liturgy. He services our soul.

A special service requires preparation. When we want to plant a garden, we till the soil, enrich it with fertilizer, and maybe add some nutrients. The seeds that are planted in the liturgy, likewise, should have a well-prepared place so that God’s work of planting His grace in us will yield much fruit.

Doing liturgy preparation (or liturgy prep) can be very fruitful if done with others, such as your family, spouse, or friends, although it can also be done independently to prepare for Mass. Asking the Holy Spirit for grace, participants have the opportunity to share their insights into the liturgy and each person receives and gives something for others to grow.

*“Where two or three gather in My name, I am in their midst.”
(Mt. 18:20)*



HOW TO DO LITURGY PREP

- Begin with a short prayer to the Holy Spirit
- Read the Liturgy of the Word (Collect, First Reading, Responsorial Psalm, Second Reading, Antiphon, Gospel)
- Each member reflects silently for a few minutes. Some points of reflection may include:

First Reading: What is the significance of this reading in the current liturgical season? How can I let this liturgy become a lived experience in my life?

Responsorial Psalm: Am I responding appropriately to God's call in the first reading?

Second Reading: What deep formation is taking place here?

The Gospel: How am I going to live the Gospel in my daily life?

Note: For deeper reflection see the Liturgy Preparation chart in your retreat companion or participant handbook

- After reflection, each member is free to share an insight they received during the quiet reflection time. It is not a time for discussion, but to listen and to share one's own fruit of their reflection.

Liturgy Prep Chart

Entrance Antiphon	Blessed Triity, please help me to look at this liturgy from your perspective. Show me how to live it!
Opening Prayer	Holy Spirit, take me ever deeper into the Mystery. Transform me in the fires of Divine Love.
1st Reading	Holy Spirit, help me to see this in light of the liturgical season and the Sunday liturgical theme. Let this liturgy become a lived experience in my life.
Responsorial Psalm	The responsorial psalm is a reponse to the first reading. Am I responding appropriately to God's call in the 1st Reading?
2nd Reading	What deep formation is taking place here?
Gospel Acclamation	How am I being prepared for the Gospel?
Gospel	Reflect on the Gospel in light of the liturgical season and the Sunday liturgical theme. How am I going to live the Gospel in my daily life?
Prayer over the Gifts	How am I offering myself to love this liturgy in the spirit of Our Lady?
Communion Antiphon	How is this lifting up my spirit to live the Eucharist I receive?
Closing Prayer	How am I going forth as a sent person to live this liturgy empowered by the Eucharist?