

## THE MASS – Lesson 2

### How to Get Something Out of Mass

**WHY IS MASS SO BORING?** There are several reasons we find it difficult to find meaning in the Mass. Sometimes, we forget that the reason we attend Mass not to sit back and like movie critics and to find fault; it is a place to encounter Jesus Christ. We attend Mass to ‘visit’ with Jesus.

Sometimes we are preoccupied with our treasures, a person, or ourselves. That is because we have not yet realized yet that at the root of whatever our heart desires is communion with God. There is a point in every Mass at which we bring our desires to God. But because many of us do not see the connection (or opportunity), we miss it.

Finally, there are those who never set foot inside a church. So, how can Mass be boring if you never go to church. Well, the answer is because the Mass is thought to be boring is the reason, they never set foot inside a church.

Anything we have no interest in will become boring to us. Anything that distracts us from those things we are interested in will become boring to us. Anything we have to make an effort to learn will eventually become boring to us – especially if it is something we can’t easily see a need to learn.

**DID YOU KNOW?** Practice makes perfect. It’s true. Anyone who has ever worked at learning a musical instrument or worked at learning a sport or just tried to get better at video gaming knows that the only way to master something new is to practice, practice, practice. How long did it take to learn the multiplication tables? It is normal to fail many times while learning something new or different, but through our perseverance we eventually are able to master it. The same applies to making the Mass more meaningful. It takes practice and a desire to see and appreciate the beauty, meaning and value of the Mass.

#### **REVIEW QUESTIONS.**

1. What are some reasons people find the Mass boring?
2. Is it better to try to understand the Mass little by little or all at once?
3. What do you believe in? Has something replaced God in your life?

**THE NEXT TIME YOU ATTEND MASS.** Listen to the Gospel as it is being read by the priest. What do you think it is telling you? Then, listen to the priest’s homily (sermon). Does its message match what you understand the Gospel’s message to be?