

PRAYERS TO SAY WHILE PREPARING FOR HOLY MASS



Preparing Your Heart Before Meeting Christ in the Eucharist

The Holy Mass is our greatest encounter with Jesus. A few moments of prayer can help us receive greater graces and grow closer to Him.



1



BEFORE LEAVING HOME

PRAYER

“Lord Jesus, help me leave behind distractions and prepare my heart for Holy Mass. Amen.”



FOCUS:
INTERIOR
PREPARATION



2



ON THE WAY TO CHURCH

PRAYER

“Lord, I am coming to meet You. Increase my faith, hope, and love. Amen.”



FOCUS:
SPIRITUAL
EXPECTATION



3



UPON ENTERING THE CHURCH

PRAYER

“My Lord and my God, I believe You are truly present in the Blessed Sacrament. Amen.”



FOCUS:
REVERENCE



4



BEFORE MASS BEGINS

PRAYER

“Heavenly Father, help me participate fully and devoutly in this Holy Mass. Amen.”



FOCUS:
ACTIVE
PARTICIPATION

WHY PREPARE FOR MASS?



BETTER CONCENTRATION

Helps us listen attentively to God's Word.



GREATER REVERENCE

Helps us enter Mass with awe and devotion.



DEEPER PRAYER

Opens our hearts to God's grace and presence.



MORE FRUITFUL COMMUNION

Helps us receive Jesus with a pure and prepared heart.



“The better we prepare for Mass, the more deeply we can receive the graces God wishes to give us.”



BE PRAYERFUL. BE INSPIRED.

ACTION GUIDE

FATHER'S DAY: THIRD SUNDAY OF JUNE

INTRODUCTION

While not a liturgical observance, Father's Day is an appropriate time to recall the essential role of fathers in the life of the family and in building a culture of life. It is also an opportunity to highlight spiritual fatherhood, which all men are called to embrace.

Simple steps, sample intercessions, homily notes, and an activity are provided to help your parish celebrate and pray for the fathers in your community. Please feel free to adapt the following resources to fit the needs of your specific parish or ministry.

Fatherhood has its origins in God, who chose to reveal Himself to us as Our Father, sending his only Son for the sake of our salvation. Fathers therefore have a special role "in revealing and in reliving on earth the very fatherhood of God" (*Familiaris consortio* 25). Indeed, the role of the father "is of unique and irreplaceable importance" (*FC* 25).

Although society increasingly tells fathers that they have no say in the lives of their children before birth and fails to recognize the dynamic and critically important role of fatherhood, it is both a biological and spiritual reality. Pope Saint John Paul II said fathers are called to exhibit "generous responsibility for the life conceived under the heart of the mother" (*FC* 25). They are uniquely entrusted with the protection and defense of both mother and child and, in this way, in safeguarding the sanctity of human life. Yet research continues to show that the top reasons women seek abortions include lacking support from the child's father and financial challenges, which are only exacerbated by a father's absence.

The resources referenced in this action guide can be found at respectlife.org/action-guides, unless otherwise noted.

As a Church community, we need to encourage and support men to follow the example of St. Joseph and embrace their various roles as father. Even if a man is not a parent, he is still called to spiritual fatherhood—a fatherhood that fosters others' relationship with God, protecting them from evil and providing an example of Christ's love.

St. Joseph, himself, was unexpectedly called to both practical and spiritual fatherhood, and amid very difficult circumstances. But despite all obstacles, Joseph was faithful. He welcomed life, offering care and protection to Mary and Jesus. We pray that each expectant father will find courage in the example of St. Joseph and offer loving, life-affirming support to the mother of his child.