



# GOD'S WORD



## LITURGY BYTES *by Michele Hall*



As we enter the Season of Lent, let us spend a few moments reflecting on the first part of the Mass known as the **Liturgy of the Word**. Here are some ideas to help us engage in hearing God's Word at Mass. I am hoping to put them into practice for myself this Lent.

Rather than running into Mass five minutes before it begins, why not try to come a little earlier. This would give us a chance to catch our breath, quiet ourselves and enter into a prayerful posture to receive God's Word with great attention. Sometimes it takes a few times to prepare ourselves in this way. Do not be discouraged, keep trying each week.

As we have heard many times, it was the Second Vatican Council's Constitution on the Sacred Liturgy that invited us into full, conscious, and active participation at all times during the Mass, not just when we are responding to prayers. The Word of God is proclaimed not just read. The Word of God is living and takes on a different tenor when lifted off the page and delivered with faith to the Church assembled. God's Word is beyond the words on the paper. Thinking back to some part of what we heard at Mass should be our goal during the days following Sunday. Is it possible to integrate its meaning into our own lives? Yes, but it does take some work. Perhaps making this a goal as a Lenten practice this year would deepen our understanding and love of God's Word in our lives.

*Come, O Word of God, who is light and mercy for the world. Speak your truth, reveal your beauty, infuse your joy. Jesus, who is "Word Made Flesh," teach us and love us into a holy embrace, with God who is Triune and with one another. May your word save us and inspire us to draw others to you. Amen.*

***Have a blessed, prayerful, and peaceful week ahead!***