

# Catholic Stuff You Should Know

I couldn't think of a better title. It's also the name of a podcast I like.

## Goals for today

After today, we should be able to answer these questions:

- What is prayer? Why is it important? How can I pray?
- What is the Mass? Why is it important? Why should I go?
- Why is Sunday important?
- What is a Catechumen?

## Sources for today

For further information, consult:

*US Catechism for Adults*: chapters 35 & 36

<https://www.usccb.org/sites/default/files/flipbooks/uscca/files/assets/basic-html/toc.html>

*Compendium of the Catechism of the Catholic Church*: nn. 537 – 598

[https://www.vatican.va/archive/compendium\\_ccc/documents/archive\\_2005\\_compendium-ccc\\_en.html#Prayer%20in%20the%20Christian%20Life](https://www.vatican.va/archive/compendium_ccc/documents/archive_2005_compendium-ccc_en.html#Prayer%20in%20the%20Christian%20Life)

# Prayer

Prayer is for everyone!

## What is prayer?

St. John Damascene: Prayer is the raising of one's mind and heart to God or the requesting of good things from God.

St. Thérèse of Lisieux: For me, prayer is a surge of the heart; it is a simple look turned toward heaven, it is a cry of recognition and of love, embracing both trial and joy.

St. Augustine: True prayer is nothing but love.

St. John Vianney: Prayer is the inner bath of love into which the soul plunges itself.

Catechism: vital and personal relationship with the living and true God.

*[all above are as quoted in USCC p. 463]*

Fr. Matt: Prayer is giving time to God. Spending it with him. Setting it aside just for him.

## Why is prayer important?

St. Francis de Sales: Everyone of us needs half an hour of prayer each day except when we are busy—then we need an hour.

The Rule of St. Benedict: “If a man wants to pray, let him go and pray.”  
[*all above are as quoted in USCC p. 463*]

Mother Theresa

## How do I pray?

### Types of prayer

Adoration

Petition

Intercession

Thanksgiving

Praise

### Forms of Prayer

Vocal Prayer

Meditative Prayer

Lectio Divina

Contemplative Prayer

### Sources of Prayer

Rote Prayers

Scripture

- Old Testament – Psalms
- New Testament – Prayer of Jesus

Extemporaneous

### Mary and Prayer

# Mass

“If we really understood the Mass, we would die of joy.” - St. John Vianney

## What is the Mass?

It is how Catholics worship God. In other churches with apostolic heritage (those in union with the Catholic Church or Orthodox Christian Churches), this worship is sometimes called different things: Qurbana, Divine Liturgy, etc., but they all have similar elements and are centered around the Eucharist.

### Sacrificial banquet

Remember when I talked about worship in general? We still do that stuff. The Mass is both a communal meal for those who believe and a sacrifice offered to God so that we might find favor with him.

### The Eucharist

We’ll spend a whole class on this later. But it’s central to the Mass. We believe that the bread and wine change into the Body and Blood of Jesus Christ. Yes, I know how weird that sounds. No, we aren’t cannibals. I promise that I’ll spend a whole class on this.

## Bishop Barron's Book

Bishop Barron's book on the Eucharist is awesome. I think it's really easy to understand.

Non-overlord link: <https://books.wordonfire.org/eucharist-book>

Amazonian overlords book link: <https://a.co/d/etJOGTY>

Amazonian overlords kindle link: <https://a.co/d/3osSA4K>

## Why is it important? / Why should I go?

Lots of saints have things to say about the Mass. Here are a few that I stole from a random website that sound pretty good:

*"The celebration of Holy Mass has the same value as the Death of Jesus on the Cross." – St. Thomas Aquinas*

*"Man should tremble, the world should quake, all Heaven should be deeply moved when the Son of God appears on the altar in the hands of the priest." – St. Francis of Assisi*

*"It would be easier for the world to survive without the sun than to do so without the Holy Mass." – St. Pio of Pietrelcina*

*"No human tongue can enumerate the favors that trace back to the Sacrifice of the Mass. The sinner is reconciled with God; the just man becomes more upright; sins are wiped away; vices are uprooted; virtue and merit increases; and the devil's schemes are frustrated." – St. Lawrence Justinian*

*"I believe that were it not for the Holy Mass as of this moment the world would be in the abyss." – St. Leonard of Port Maurice*

*"Know, O Christian, that the Mass is the holiest act of religion. You cannot do anything to glorify God more, nor profit your soul more, than by devoutly assisting at it, and assisting as often as possible." – St. Peter Julian Eymard*

*"One merits more by devoutly assisting at a Holy Mass than by distributing all of his goods to the poor and traveling all over the world on pilgrimage." – St. Bernard*

*"Martyrdom is nothing in comparison with the Mass, because martyrdom is the sacrifice of man to God, whereas the Mass is the Sacrifice of God for man!" – St. John Vianney*

*"Put all the good works in the world against one Holy Mass, they will be as a grain of sand beside a mountain." – St. John Vianney*

Also, it's essential for us to live as Catholics. The Mass is what unites us and forms us as the Body of Christ.

## What should I do when I go?

# Sunday

**"Sunday is the day of the Resurrection, it is the day of Christians, it is our day" – St. Jerome**

## Why is Sunday important?

Long story short: it's the day on which we commemorate the Passion, Death, and Resurrection of the Lord.

## Why are Catholics required to go to Mass on Sunday?

The Mass is the ultimate prayer, because we join together as a Body of Christ, joined to our head, Christ, and relive the experience of the Passion, Death, and Resurrection of Christ. This allows us to become more and more like Christ every day.

# Catechumenate

## What is *that*?

Catechumens are what we call those in the process of preparation for baptism. Those who are already baptized are called candidates.

## Rite of Acceptance

The Bishop accepts the catechumens on behalf of the church and “signs off” on them. This Rite helps us to understand the unity of our parish with the greater Church.

The Rite of Acceptance is *required* for Catechumens.