

The
POWER



of One Hour

Study Guide

Produced and presented by the



ROMAN CATHOLIC
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Catholic
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CONNECT WITH CHRIST

*Reflection questions for youth and adults
accompanying the five-part video series
to facilitate discussion and enrich understanding
of the Celebration of the Eucharist*



**1. What is the central purpose of the introductory rites at Mass?
What do these rites symbolize?**

2. What does the word *catholic* mean?

3. How are we the Body of Christ?

4. The celebrant (priest) acts *in persona Christi*. What does this term mean?

5. Describe the meaning of these prayers and actions in the introductory rites:

Prayer/Action	Meaning/Significance
<i>Making the Sign of the Cross ("In the name of the Father, and of the Son, and of the Holy Spirit. Amen.")</i>	
<i>"And with your spirit"</i>	

6. Why do we call to mind our sins during the introductory rites?

7. Fill in the blanks for the penitential act that we pray at the beginning of Mass:

"Lord have _____"

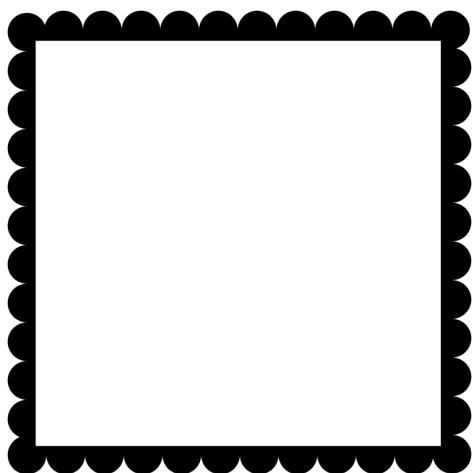
"_____ have mercy"

"Lord have _____"

8. What is the purpose of the "Gloria"?

**9. Christ is fully present at Mass; therefore, we should be, too.
In what ways are we *active participants* at Mass instead of *observers*?**

**10. The *Collect* (pronounced *KOL-ekt*) ends the introductory rites.
What is its purpose, and how does it prepare us for the Liturgy of the Word?**



Draw a picture of one way that we are part of the Body of Christ.

The word *liturgy* means "sacred work."
We are active participants! At Mass,
name one thing that you can:

see: _____

hear: _____

taste: _____

touch: _____

smell: _____

Fill in the blanks for the penitential act!

Lord have _____

_____ have mercy

Lord have _____

Who are some of the people who walk into the church during the entrance procession?

Have fun with this "Gloria" word search!

F	S	K	I	N	G	G	L	O	R	Y	W
A	O	L	P	H	O	L	Y	Z	A	B	N
T	N	O	R	T	T	H	A	N	K	S	S
H	P	R	A	Y	E	R	W	I	L	L	I
E	G	D	I	T	P	E	A	C	E	D	N
R	O	E	S	G	L	O	R	I	F	Y	S
G	D	I	E	E	A	R	T	H	K	Y	X
L	A	M	B	U	M	E	R	C	Y	Z	R

Find the following words in the puzzle.
Words are hidden → and ↓.

EARTH
FATHER
GLORIFY
GLORY
GOD
HOLY

KING
LAMB
LORD
MERCY
PEACE
PRAISE

PRAYER
SINS
SON
THANKS
WILL

Use the "word bank" below to complete the Sign of the Cross prayer.

Holy Spirit name

Amen Son Father

In the _____ of the _____,
and of the _____, and of the
_____. _____.

The *Collect* (pronounced KOL-ekt) is also known as the opening:

- a) hymn b) prayer c) procession d) reading