

The
POWER



of One Hour

Study Guide

Produced and presented by the



ROMAN CATHOLIC
DIOCESE of ALBANY



Catholic
Communication
Campaign
CONNECT WITH CHRIST

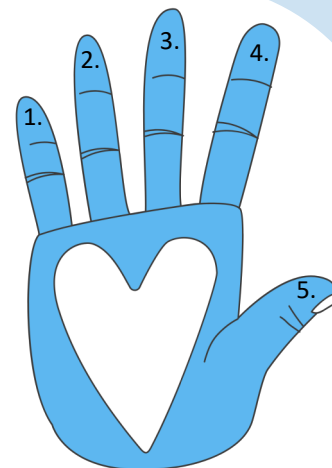
*Reflection questions for youth and adults
accompanying the five-part video series
to facilitate discussion and enrich understanding
of the Celebration of the Eucharist*



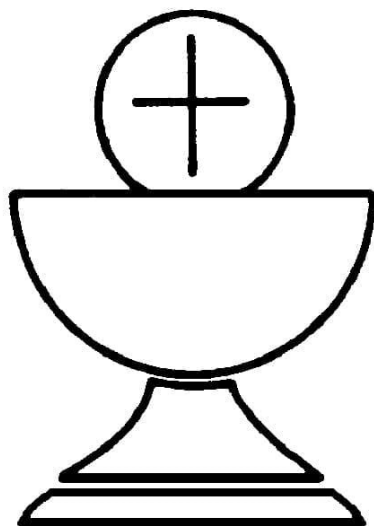
1. Why do we call God our "Father"?
2. What is the purpose of praying **The Lord's Prayer** at Mass?
3. In the **Rite of Peace** ("Look not on our sins but on the faith of Your Church"), what are we asking God to do?
4. St. John the Baptist said, "Behold the Lamb of God." We say these words at Mass as well. What does it mean that Jesus is the "**Lamb of God**"?
5. How are the Jewish feast of Passover and the **Eucharist** connected?
6. Why does the priest **break** the consecrated host? What does that signify?
7. What are the words that the priest says when he holds up the Body and Blood of Christ during Mass? ("**Behold ...**")
8. "**Lord, I am not worthy that You should enter under my roof**" What do these words mean when we pray them at Mass before Communion?
9. Why are the vessels used during Mass **cleaned** afterward?
10. What happens during the **concluding rites** of Mass?
11. At the end of Mass, what does "**Go in peace to love and serve the Lord and one another**" mean? What are we called to do?

Use the five fingers on your hand to remind you to tell Jesus five things in prayer after receiving Holy Communion!
What are five things that you want to pray about right now?

1. _____
2. _____
3. _____
4. _____
5. _____



Color and decorate this host and chalice!



Place these parts of the Mass in order
(by numbering them 1 through 4):

- _____ Concluding Rites
- _____ Liturgy of the Eucharist
- _____ Liturgy of the Word
- _____ Introductory Rites

How is Jesus the "Lamb of God"?

Complete The Lord's Prayer below
using the word bank!

Our _____, who art in Heaven,
hallowed be Thy _____.

Thy _____ come; Thy will be done;
on _____ as it is in _____.

Give us this _____ our daily _____
and forgive _____ our trespasses
as we forgive those who _____ against us
and lead us _____ into temptation
but _____ us from evil. _____.

Earth not Father deliver
Amen Heaven name kingdom
us bread trespass day

The word "Mass" means "sent." When Mass ends, what are we being asked to do? Draw a picture or write words to explain.

