

# Week 23

## Paragraphs 1135–1178



# THE CATECHISM IN A YEAR

WITH FR. MIKE SCHMITZ

*f* faith.<sup>82</sup> By “analogy of faith” we mean the

## How We Worship PART TWO: THE CELEBRATION OF THE CHRISTIAN MYSTERY

### PEWS ARE NOT BLEACHERS

**B**aptism makes us kingdom priests who offer sacrifice and praise to the Father. The faithful engage this role mainly through the Liturgy and sacraments and by observing the liturgical seasons and feasts. Another way is through the Liturgy of the Hours, which is observed by the priests, religious, and some of the lay faithful. The pews are not the bleachers. We are not at Mass simply to watch the priest pray but to worship along with him. Remember that each hour of the day, you are a kingdom priest who is made to be a saint.

#### Keep in Mind

- The whole Body of Christ—Jesus Christ the head, the saints in heaven, and the Church on earth—celebrates the Liturgy together.
- We need ordained priests to confect the Eucharist, give absolution in Reconciliation, and administer the other sacraments.
- At Mass, our job is to worship in union with the priest, and ultimately with Jesus, the one great High Priest.
- Human beings are both soul and body, so we communicate and see “spiritual realities through physical signs and symbols” (CCC 1146).
- “The body, and it alone, is capable of making visible what is invisible, the spiritual and divine,” St. John Paul II writes in *The Theology of the Body*.
- In the liturgy and sacraments, natural words and gestures become supernatural.
- We hear the proclamation of God’s Word and show reverence with our posture.
- We use sacred music and sacred art in the liturgy in order to lift our souls to the Lord.



The altar

#### Dive Deeper

God communicates spiritual realities to us through sensible signs (see CCC 1146). Thus the liturgy employs many such signs, such as the candles seen adorning the altar in this picture.

Before bed tonight, pray Night Prayer from the Liturgy of the Hours. By doing this, you are uniting yourself with the Church’s prayer.

- Every Sunday, we celebrate the Lord's Resurrection. Throughout the year, we also have the liturgical seasons of Lent, Easter, Ordinary Time, Advent, and Christmas.
- The Easter Triduum (Holy Thursday, Good Friday, Holy Saturday, and Easter Sunday) are the holiest days of all.
- Priests and religious are obliged to pray the Liturgy of the Hours (Divine Office) five times a day. The lay faithful are encouraged to join by praying it all or part of it, and some do it with great spiritual profit.
- The Liturgy of the Hours exists to do what the Scriptures command: pray always.
- The Liturgy of the Hours helps us extend (as part of the kingdom priesthood) the graces of the Eucharist during the week, even if we are unable to get to Mass on other days besides Sunday.

Use the space below to reflect on this week's content.

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## Take It to Prayer

God Our Father, we praise and thank you. Thank you for communicating yourself to us through the Liturgy, not just speaking a word from afar but coming close to us. Thank you for revealing your face and your heart to us in the sacraments. Thank you for speaking to us as children, inviting us to respond, eliciting some act of faith and of hope and of love back to you who are our good and heavenly Father. We pray through Jesus Christ, Our Lord. Amen.

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*The Catechism in a Year* is a daily podcast produced by Ascension and hosted by Fr. Mike Schmitz. It helps us understand what it means to be Catholic by reading the entire *Catechism of the Catholic Church* and allowing those truths to shape our lives. This bulletin was adapted from the books that complement the podcast: *The Catechism in a Year Companion* by Petroc Willey, Fr. Mike Schmitz, and Matthew Doeing.