

“This is a personal meeting with God”

When you receive him, tell him: Lord, I hope in you: I adore you, I love you, increase my faith. Be the support of my weakness: You, who have remained defenceless in the Eucharist so as to be the remedy for the weakness of your creatures.
(The Forge, 832)

7 February

I will not surprise anyone if I say that some Christians have a very poor concept of the holy Mass. For them it

is a purely external rite, if not a mere social convention. This is because our poor hearts are capable of treating the greatest gift of God to man as routine. In the Mass, in this Mass that we are now celebrating, the most Holy Trinity intervenes, I repeat, in a very special way. To correspond to such great love, we must give ourselves completely, in body and in soul. We hear God, we talk to him, we see him, we taste him. And when words are not enough, we sing, urging our tongue — *Pange, lingua!* — to proclaim to all mankind the greatness of the Lord.

To “live” the holy Mass means to pray continually, and to be convinced that, for each one of us, this is a personal meeting with God. We adore him, we praise him, we give thanks to him, we atone for our sins, we are purified, we experience a unity with Christ and with all Christians. (Christ is passing by, nn. 87-88)

.....

pdf | document generated
automatically from [https://opusdei.org/
en-ie/dailytext/this-is-a-personal-
meeting-with-god/](https://opusdei.org/en-ie/dailytext/this-is-a-personal-meeting-with-god/) (20/01/2026)