

“Participate lovingly in the holy Mass”

The humility of Jesus: in Bethlehem, in Nazareth, on Calvary. But more humiliation and more self-abasement still in the Sacred Host: more than in the stable, more than in Nazareth, more than on the Cross. That is why I must love the Mass so much ('Our' Mass, Jesus...) (The Way, 533)

September 12

We may have asked ourselves, at one time or another, how we can

correspond to the greatness of God's love. We may have wanted to see a program for christian living clearly explained. The answer is easy, and it is within reach of all the faithful: to participate lovingly in the holy Mass, to learn to deepen our personal relationship with God in the sacrifice that summarises all that Christ asks of us.

Let me remind you of what you have seen on so many occasions: the succession of prayers and actions as they unfold before our eyes at Mass. As we follow them, step by step, our Lord may show us aspects of our lives in which each one of us must improve, vices we must conquer, and the kind of brotherly attitude that we should develop with regard to all men.

The priest draws near to the altar of God, "of God who gives joy to our youth." The holy Mass begins with a

song of joy, because God is here. It is the joy that is shown, together with love and gratitude, as the priest kisses the altar, symbol of Christ and reminder of the saints — a small surface, sanctified because this is where the sacrament of infinite worth is made present to us. (Christ is passing by, 88)

pdf | document generated
automatically from [https://opusdei.org/
en-ke/dailytext/participate-lovingly-in-
the-holy-mass/](https://opusdei.org/en-ke/dailytext/participate-lovingly-in-the-holy-mass/) (02/20/2026)