

“We should love the Mass”

Keep struggling, so that the Holy Sacrifice of the Altar really becomes the centre and the root of your interior life, and so your whole day will turn into an act of worship - an extension of the Mass you have attended and a preparation for the next. Your whole day will then be an act of worship that overflows in aspirations, visits to the Blessed Sacrament and the offering up of your professional work and your family life. (The Forge, 69)

November 5

I cannot see how anyone could live as a Christian and not feel the need for the constant friendship of Jesus in the word and in the bread, in prayer and in the Eucharist. And I easily understand the ways in which successive generations of faithful have expressed their love for the Eucharist, both with public devotions making profession of the faith and with silent, simple practices in the peace of a church or the intimacy of their hearts.

The important thing is that we should love the Mass and make it the centre of our day. If we attend Mass well, surely we are likely to think about our Lord during the rest of the day, wanting to be always in his presence, ready to work as he worked and love as he loved. And so

we learn to thank our Lord for his kindness in not limiting his presence to the time of the sacrifice of the altar. He has decided to stay with us in the host which is reserved in the tabernacle. (Christ is passing by, 154)

pdf | document generated automatically from [https://opusdei.org/
en-lk/dailytext/we-should-love-the-
mass/](https://opusdei.org/en-lk/dailytext/we-should-love-the-mass/) (02/20/2026)