

St Francis de Sales on “How to hear Holy Mass”

With the older form of the Roman Rite, there are many possible ways to participate in the Mass. This is one possible way from a saint who wrote a book on the Devout Life especially for lay people.

1. From the beginning until the priest goes up to the altar, make the preparation with him, which consists in placing yourself in the presence of God, acknowledging your unworthiness and asking pardon for your faults,
2. From the time when the priest goes up to the altar to the Gospel, consider with a simple and general consideration the coming and the life of Our lord in this world.
3. From the Gospel to the Credo, consider the preaching of our Saviour; protest that you wish to live and die in the faith and obedience of his holy word and in union with the holy Catholic Church.
4. From the *Credo* to the *Pater noster* apply your heart to the mysteries of the death and passion of our Redeemer, which are actually and essentially represented in this holy Sacrifice, which, together with the priest and the rest of the people, you will offer to God the Father for his honour and for your salvation.
5. From the *Pater noster* to the Communion strive to excite a thousand desires of your heart, ardently wishing to be for ever joined and united to your Saviour by everlasting love. From the Communion to the end, thank his divine Majesty for his Incarnation, for his life, for his death, for his passion, and for the love which he shows to us in the holy Sacrifice, conjuring him through it to be ever propitious to you, to your relations, to your friends, and to the whole Church; and humbling yourself with your whole heart, received devoutly the divine blessing which our Lord gives you by the ministry of his priest.

(St Francis de Sales *Introduction to the Devout Life*. Part 2. c14)