

“Two Minute Teaching” on the Mass

03-13-2016 – **Sacrifice**

After the priest washes his hands, there is a prayer of sacrifice. In bible times, Jewish people worshipped God by offering sacrifice of alms, food and animals.

Mass is a meal - the table of the Lord. Mass is also a sacrifice - the altar of the Lord. Mass is a sacrificial meal where we offer up to the Father his son, Jesus, under the appearance of bread and wine, who sacrificed his life for us. We are also called to place our sacrifice on the altar - our lives, our loved ones, our hopes and dreams, joys and sorrows of the past week.

The priest says to the people “Pray brothers and sisters that my sacrifice and yours may be acceptable to God the Almighty Father.” The people respond “May the Lord accept the sacrifice at your hands for the praise and the glory of his name, for our good and the good of all his holy church.”