

Mass Quick Guide

A rough, and hopefully useful, overview of the structure of the Catholic Mass.

Section	Posture	Notable Responses and Notes
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1 INTRODUCTORY RITES

1.1 Entrance Chant	Stand	<i>Use proper</i>
1.2 Sign of the Cross	Stand	“Amen.”
1.3 Greeting	Stand	“And with your spirit.”
1.4 Penitential Act	Stand	<i>1 of 3 different penitential acts and responses, Kyrie eleison follows unless just said</i>
1.5 The Gloria	Stand	<i>The Gloria (omitted in Advent and Lent)</i>
1.6 The Collect	Stand	<i>Use proper, “Amen.”</i>

2 THE LITURGY OF THE WORD

2.1 First Reading	Sit	“Thanks be to God.”
2.2 Psalm	Sit	<i>Use proper</i>
2.3 Second Reading	Sit	“Thanks be to God.”
2.4 Gospel	Stand	<i>Gospel acclamation (use proper), “And with your spirit.”, “Glory to you, O Lord.”, “Praise to you, Lord Jesus Christ.”</i>
2.5 The Homily	Sit	<i>Brief silence may follow</i>
2.6 The Creed	Stand	<i>Either the Niceno-Constantinopolitan or the Apostles’ Creed, Bow within certain section of either creed</i>
2.7 The Prayer of the Faithful	Stand	<i>Usually 4 intentions, Usually “Hear our prayer.”</i>

3 THE LITURGY OF THE EUCHARIST

3.1 The Offertory	Sit	<i>Offertory chant may also begin, “Blessed be God for ever.” (if Priest prays aloud), “Blessed be God for ever.” (if Priest prays aloud)</i>
3.2 Prayer Over the Offerings	Stand	“May the Lord accept...” , <i>Use proper, “Amen.”</i>
The Eucharistic Prayer		
3.3.1 The Preface	Stand	“And with your spirit.” , “We lift them up to the Lord.” , “It is right and just” , “Holy, Holy, Holy...”
3.3.2 The (rest of the) Eucharistic Prayer	Kneel	“We proclaim...” or “When we eat...” or “Save us...” , “Amen.”
The Communion Rite		
3.4.1 The Lord’s Prayer	Stand	“Our Father...” , “For the kingdom...” , “Amen.” , “And with your spirit.” , <i>Sign of Peace</i>
3.4.2 Breaking of the Bread	Stand	“Lamb of God...”
3.4.3 Invitation to Communion	Kneel	“Lord, I am not worthy...”
3.4.4 Communion	Go Forward	<i>Communion antiphon (use proper), “Amen.” (when receiving)</i>
3.4.4 Prayer After Communion	Stand	<i>Use proper, “Amen.”</i>

4 CONCLUDING RITES

4.1 Blessing	Stand	“And with your spirit.” , “Amen.”
4.2 Dismissal	Stand	“Thanks be to God”

Collection of Longer Responses in Mass

For use as a reference, or as an aid for memorisation.

I confess to almighty God
and to you, my brothers and sisters,
that I have greatly sinned,
in my thoughts and in my words,
in what I have done and in what I have
failed to do,

And, striking their breast, they say:

through my fault, through my fault,
through my most grievous fault;
therefore I ask blessed Mary ever-Virgin,
all the Angels and Saints,
and you, my brothers and sisters,
to pray for me to the Lord our God.

or

...

For we have sinned against you.

...

And grant us your salvation.

or

Lord, have mercy. (Kyrie, eleison.)
Christ, have mercy. (Christe, eleison.)
Lord, have mercy. (Kyrie, eleison.)

Glory to God in the highest,
and on earth peace to people
of good will.
We praise you,
we bless you,
we adore you,
we glorify you,
we give you thanks for your great glory,
Lord God, heavenly King,
O God, almighty Father.
Lord Jesus Christ, Only Begotten Son,
Lord God, Lamb of God,
Son of the Father,
you take away the sins of the world,
have mercy on us;
you take away the sins of the world,
receive our prayer;
you are seated at the right hand

of the Father,
have mercy on us.
For you alone are the Holy One,
you alone are the Lord,
you alone are the Most High,
Jesus Christ,
with the Holy Spirit,
in the glory of God the Father.
Amen.

I believe in one God,
the Father almighty,
maker of heaven and earth,
of all things visible and invisible.
I believe in one Lord Jesus Christ,
the Only Begotten Son of God,
born of the Father before all ages.
God from God, Light from Light,
true God from true God,
begotten, not made,
consubstantial with the Father;
through him all things were made.
For us men/people and for our salvation
he came down from heaven,

*At the words that follow, up to and including
“and became man”, all bow*

and by the Holy Spirit was incarnate
of the Virgin Mary,
and became man.
For our sake he was crucified
under Pontius Pilate,
he suffered death and was buried,
and rose again on the third day
in accordance with the Scriptures.
He ascended into heaven
and is seated at the right hand
of the Father.
He will come again in glory
to judge the living and the dead
and his kingdom will have no end.
I believe in the Holy Spirit,
the Lord, the giver of life,
who proceeds from the Father
and the Son,
who with the Father and the Son

is adored and glorified,
who has spoken through the prophets.
I believe in one, holy, catholic
and apostolic Church.
I confess one Baptism
for the forgiveness of sins
and I look forward to the resurrection of
the dead and the life of the world to come.
Amen.

or

I believe in God,
the Father almighty,
Creator of heaven and earth,
and in Jesus Christ, his only Son,
our Lord,

*At the words that follow, up to and including
“the Virgin Mary”, all bow*

who was conceived by the Holy Spirit,
born of the Virgin Mary,
suffered under Pontius Pilate,
was crucified, died and was buried;
he descended into hell;
on the third day he rose again
from the dead;
he ascended into heaven,
and is seated at the right hand
of God the Father almighty;
from there he will come to judge
the living and the dead.
I believe in the Holy Spirit,
the holy catholic Church,
the communion of saints,
the forgiveness of sins,
the resurrection of the body,
and life everlasting.
Amen.

May the Lord accept the sacrifice
at your hands
for the praise and glory of his name,
for our good
and the good of all his holy Church.

Holy, Holy, Holy Lord God of hosts.
Heaven and earth are full of your glory.
Hosanna in the highest.

Blessed is he who comes in the name
of the Lord.
Hosanna in the highest.

We proclaim your Death, O Lord,
and profess your Resurrection
until you come again.

or

When we eat this Bread
and drink this Cup,
we proclaim your Death, O Lord,
until you come again.

or

Save us, Saviour of the world,
for by your Cross and Resurrection
you have set us free.

Our Father, who art in heaven,
hallowed be thy name;
thy kingdom come,
thy will be done
on earth as it is in heaven.
Give us this day our daily bread,
and forgive us our trespasses,
as we forgive those who trespass
against us;
and lead us not into temptation,
but deliver us from evil.

For the kingdom,
the power and the glory are yours
now and for ever.

Lamb of God, you take away the sins
of the world, have mercy on us.
Lamb of God, you take away the sins
of the world, have mercy on us.
Lamb of God, you take away the sins
of the world, grant us peace.

Lord, I am not worthy
that you should enter under my roof,
but only say the word
and my soul shall be healed.