



Archdiocesan Program

WHY CATHOLIC?

STRENGTHENING FAITH ... MAKING DISCIPLES



THE CHRISTIAN MYSTERY

THE LITURGY – WORK OF THE HOLY TRINITY

Biblical Reflection: Eph. 1:3-14

Blessing is a divine and life-giving action, the source of which is the Father; his blessing is both word and gift. When applied to man, the word “blessing” means adoration and surrender to his Creator in thanksgiving. (CCC 1078)



From the beginning until the end of time the whole of God’s work is a blessing.

From the liturgical poem of the first creation to the canticles of the heavenly Jerusalem, the inspired authors proclaim the plan of salvation as one vast divine blessing. (CCC 1079)

“Seated at the right hand of the Father” and pouring out the Holy Spirit on his body which is the Church, Christ now acts through the sacraments he instituted to communicate his grace. The sacraments are perceptible signs (words and actions) accessible to our human nature. By the action of Christ and the power of the Holy Spirit they make present efficaciously the grace that they signify. (CCC 1084)

In the liturgy the Holy Spirit is teacher of the faith of the People of God and artisan of “God’s masterpieces,” the sacraments of the New Covenant. The desire and work of the Spirit in the heart of the Church is that we may live from the life of the risen Christ. When the Spirit encounters in us the response of faith which he has aroused in us, he brings about genuine cooperation. Through it, the liturgy becomes the common work of the Holy Spirit and the Church. (CCC 1091). The mission of the Holy Spirit in the liturgy of the Church is to prepare the assembly to encounter Christ... (CCC 1112)

“You ask how the bread becomes the Body of Christ, and the wine... the Blood of Christ, I shall tell you the Holy Spirit comes upon them and accomplishes what surpasses every word and thought... Let it be enough for you to understand that it is by the Holy Spirit just as it was of the Holy Virgin and by the Holy Spirit that the Lord, through and in himself took flesh” St. John Damascene. (CCC 1106)

Questions for discussion:

- **What are some of the blessings that you have received from God? How can you give Him thanks for them?**
- **What you would like to praise God for?**
- **How does the Sunday Mass help you to live the rest of the week?**
- **Do you feel the actions of the Holy Spirit in your life? Please explain.**
- **What would you recommend that your ecclesial community do to help the faithful have a greater and more meaningful participation in the Sunday Masses?**

Further reading: Catechism of the Catholic Church, numbers 1076-1112