

Volunteer Formation Series SAINT ANTHONY



June 22 | The Liturgical Life

Are we living the Liturgical life?

- Q. 150. Why did God make you? A. **God made n** to know Him, to love Him, and to serve Him in this world, and to be happy with Him forever in **the next.** [Baltimore Catechism]
- Lectio Divina and other types of prayer are extremely important, but the most important thin we will ever do in our entire lives is go to Mass & participate actively in the Sacraments
- Why? Lectio Divina is a type of **personal prayer** that builds a relationship with God, but it is not worship. God commands us to worship Him. Personal prayer will enhance our worship. Mass is the highest form of liturgical worship, which is the "public work" or participation of the Christia people in the work of God.
 - "Through the liturgy Christ, our redeemer and high priest, continues the work of our redemption in, with, and through his Church. [CCC 1069]
- The liturgy is the main source of God's grace; it i how we participate in Christ's own prayer to the Father, who is the source and goal of all liturgy.
- It is the prayer in which we most clearly rememb the blessings God has given us since the beginning of time, while at the same time responding with them with praise and thanksgiving.
- Work of the Trinity:
 - The Father is the Source & Goal
 - The Son is the one whose prayer we enter into he is the one who prays in the liturgy
 - The Holy Spirit "prepares the Church to encounter her Lord; he recalls and makes Chr. manifest to the faith of the assembly...makes the mystery of Christ present here and now." [CCC 1092]

 Pinnacle of the Liturgical Life = Sacraments The liturgy then extends out ("Go in peace to love and serve the Lord") to charitable works and the proclamation of the Gospel in everyday life (by word and deed); the liturgy feeds us, and we then go out to feed the world Why does living the liturgical life matter for me personally? Sacramentality of the human person Body/Soul Composite If we are body/soul composites, then what happens with one affects the other When we take care of our bodies, we often feel happier, more capable; when we're injured or our brain chemistry is off, it can affect how we pray/ live the liturgical life When we sin, we often do so through our bodies; that affects our soul negatively The graces that we receive in the Sacraments have a REAL effect on our body and soul Trinitarian mirror Are we intentionally Catholic?	NOTES
 Challenge: Take the following topics to prayer: Daily Examen Prayer How am I living the liturgical life? Are there ways I can be more invested? Lord, help me to make a plan going forward to be more consistent in my liturgical life. How am I living outside of the liturgy? Do I do things outside of prayer that don't reflect what I claim to believe in prayer? Lord, help me to grow in those places where I struggle; help me to create a plan for how to live the liturgical life outside of the church building. 	

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