

from sin and death. During this meal, Jesus took bread and wine, blessed them, and entrusted them to His disciples, saying, "This is my body... this is my blood of the New Covenant ... Do this in remembrance of me."

This was more than a symbolic gesture. Jesus' prayer invoked a divine miracle, transforming the bread and wine into His Body and Blood. By instructing His apostles to "Do this in memory of me," Jesus established the ministerial priesthood for the New Covenant, empowering His 12 apostles to continue this sacred act. The bishops in the Catholic Church, as successors to the apostles, hold the divine authority to replicate this miracle at every Mass. They, in turn, share this sacred power with their priests, ensuring the continuation of Christ's sacrifice across generations.

On Good Friday, the single most important event in Christian history took place. This is the day Jesus Christ, the Son of God, willingly sacrificed his life to pay the debt we owed for our sins. Only Jesus could atone for our sins because of His unique nature as the God-man - fully divine and fully human. As God, His sacrifice has infinite value, which was necessary to satisfy the infinite offense caused by human sin against an infinitely holy God. Jesus' act of love was so pleasing to God the Father that it made up for all the sins we would ever commit (and ever could commit), freeing us from the power of sin.

And then on Easter Sunday, Jesus rose from the dead. His resurrection completed our justification (making us righteous in God's eyes), and served as divine proof that the Father accepted Christ's sacrifice. It also opened the door for each of us to share in His new, glorified life.

These incredible events are made present at every Mass. Jesus is truly present on the altar under the appearance of bread and wine in the Eucharist. He is offered to the Father as a sacrifice for our sins, and we participate by consuming Him. Through this Holy Communion, we can become more like Him.

Summary

Jesus' sacrifice on the cross and the Mass are the same sacrifice. The difference is the manner in which the sacrifice is offered. On the Cross, Jesus physically shed His blood and was physically slain, while in the Mass there is no physical shedding of blood nor physical death because Jesus lives forever and can die no more. On the cross Jesus made up for our sins and earned salvation for us. In the Mass, he applies these benefits to us.

Ultimately, if we desire a saving relationship with Jesus, worshiping God through attending Mass every Sunday is essential. Justice calls us to do so, and in doing so, we open ourselves to incredible blessings!

If you're Catholic and haven't been going to Mass, you need to go to Confession first and confess it, along with any other serious sins you may have committed. Catholic priests have been given the power to absolve you of your sins by Jesus. This absolution will bring you back into a saving relationship with God enabling you to receive Jesus in Holy Communion.

If you're not Catholic, please consider joining the Catholic Church so that you can worship God the way He wants you to, and have access to all the graces and blessings He wants you to have. Thanks for reading. God Bless you!

"It would be easier for the world to survive without the sun than to do without Holy Mass"

~ St. Padre Pio

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Why go to Mass?



The Mass was prophesied in the last book of the Old Testament by the prophet Malachi:

For, from the rising of the sun even to the going down, my name is great among the Gentiles; and in every place there is sacrifice and there is offered to my name a clean oblation. (Malachi 1:11)



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Introduction

If you live what many would consider a perfect life—having the ideal spouse, perfect children, your dream job, millions in the bank, wonderful friends, unforgettable vacations, good health, and living to a ripe old age—only to die having rejected Jesus, it would be better if you had never been born. Why is this?

It's because every person faces one of two eternal destinies: unimaginable joy with God forever in heaven for those who love Jesus, or eternal separation from God in hell for those who do not. There is no third place for those we might consider “good people” but who choose not to love Jesus.

Because of this, loving Jesus and securing a place in heaven must be the highest priority of our lives.

Now, the only reason any of us have the hope of going to heaven is because Jesus redeemed the human race. He accomplished this by becoming one of us, paying the debt we owed for sin through His sacrifice on the cross, and triumphing over death by rising from the tomb. All of this He did out of His incredible love for us.

Our salvation depends on how we respond to what Jesus has done for us. If we love Him in return, we will be saved. If we choose not to, salvation remains out of reach. But how do we show our love for Jesus? He tells us Himself in the Gospel of John: “If you love me, keep my commandments” (John 14:15).

What does Jesus command us to do? Quite a lot, actually. Some of the most important commandments include:

- Love God with all your heart, soul, and mind
- Love your neighbor as Jesus loves you
- Go and sin no more
- Give generously to the poor
- Share the Good News and Make disciples
- Pray continually
- Attend Mass every Sunday

The great thing about this is that what He commands us to do, He empowers us to accomplish; and everything He commands us to do helps us to become more loving, more virtuous, and better prepared for heaven.

But why are we commanded to go to Mass every Sunday? Let's talk about that for the remainder of this pamphlet.

It is Right and Just

Let's start by talking about virtues. Virtues are the habits of freely performing good actions. Virtues can be given and increased in the soul by special graces of God. They help us live within the moral parameters set forth by the gospel.

One of the most important virtues is Justice. Simply put, justice is the virtue of giving God and our neighbor their due—what is rightfully theirs.

So, how do we act justly in our relationship with God? Being just towards God means offering Him our worship, love, and obedience—acknowledging Him as our Creator, Savior, and King.

The next question is: How should we worship God? God desires us to worship Him in “spirit and truth.” This means both an internal attitude—our heart filled with love and adoration—and external actions, primarily

expressed through the Holy Sacrifice of the Mass. In this way, we honor God with both our hearts and our actions.

What is the Holy Sacrifice of the Mass?

The Holy Sacrifice of the Mass (often simply called ‘Mass’) is a sacred event in which we praise and thank God for the great works of Jesus by which He saved us. Even more, it mystically makes these works present, particularly the three most important days of Jesus' ministry: Holy Thursday, Good Friday, and Resurrection Sunday.

Jesus accomplished a great deal during those few days, and wanted to provide a way for those who come after Him to remember His saving work and participate in it. So, what took place during those days?

On Holy Thursday, Jesus shared His Last Supper with His twelve apostles. This sacred meal, rooted in the Jewish Passover, became the foundation for a new covenant. Just as the blood of a lamb on the doorposts of the Hebrews saved them from the last plague in Egypt, Jesus becomes the ultimate Lamb whose blood saves us



same
sacrifice

