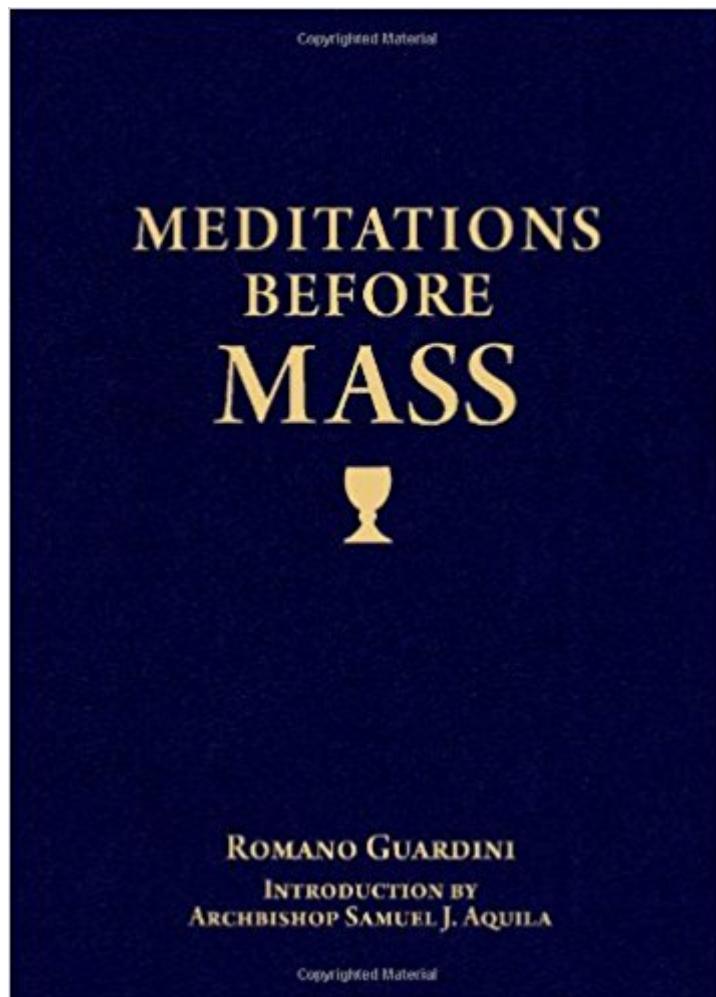


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# Meditations Before Mass



## Synopsis

In these pages written for the average Catholic in the pew by an internationally-acclaimed master of the spiritual life you'll learn how to pay closer attention during Mass and to pray better despite distractions or other obstacles to prayer. And you'll discover: The three principal hindrances to full participation in the Mass to which all of us are prone The real meaning of "keeping holy" the Sabbath. Its special importance for the family One tendency we must overcome when listening to Scripture readings How to gain control over your wandering attention The one indispensable element of a deep liturgical life What to do when the Mass becomes boring and "routine" How to achieve a genuine not superficial stillness The importance of listening. Inner barriers that prevent it Why it's good to arrive early at Mass whenever possible The true significance of kneeling and standing in church When to start preparing for Mass, and how The source of the sense of monotony. How to break free The primary purpose of attending Mass. How it should inform our bearing and behavior The right way to receive Communion, make the sign of the Cross, and make other holy gestures And dozens of other practical ways to enrich your worship Although he was an eminent theologian, Msgr. Guardini wrote for ordinary Catholics who are struggling to become closer to Christ. In fact, these pages originated as talks before Mass to help prepare worshippers for its celebration. Practical, straightforward, yet full of wisdom, *Meditations Before Mass* will help you to quiet your soul, concentrate your mind, and grow more receptive to grace.

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## Customer Reviews

Archbishop Samuel J. Aquila, Archbishop of Denver "I encourage you to prayerfully read these reflections to help you participate more fruitfully in the Mass, the 'source and summit of the whole Christian life.'" Rev. Michael Scanlan Insightful and inspiring. Fr. Henri Nouwen You will encounter in these reflections one of the most important spiritual writes of this century. Ellaine Hallett, New Oxford Review Anyone wishing to delve deeply into the meaning of the Holy Mass will want to own this book. To read this book is to move to the most profound levels of the liturgy...Among Guardini's many talents is a remarkable ability to formulate succinct and illuminating definitions. --Personal Endorsements

Over fifty years ago, Msgr. Romano Guardini resolved to help his parishioners overcome the distractions and restlessness they suffered at Mass. Just before Mass each Sunday, he gave a brief talk on some aspect of the Mass, teaching them week by week, topic by topic, how to prepare themselves to participate more prayerfully. Afterward, he provided a few minutes of silence for reflection, and then began to offer Mass. So helpful were these 32 talks that they were soon published and have since been reprinted countless times in numerous countries and languages, helping generations of Catholics to deepen their devotion during Mass. Practical, straightforward, and full of wisdom, these talks will help you to quiet your soul, concentrate your mind, and grow receptive to God's grace during Mass. In these pages, you'll discover: - The three principal hindrances to full participation in the Mass to which all of us are prone - The real meaning of "keeping holy" the Sabbath. Its special importance for the family - One tendency we must overcome when listening to Scripture readings - How to gain control over your wandering attention - The one indispensable element of a deep liturgical life - What to do when the Mass becomes boring and "routine" - How to achieve a genuine not superficial stillness - The importance of listening. Inner barriers that prevent it - Why it's good to arrive early at Mass whenever possible - The true significance of kneeling and standing in church - And dozens of other practical ways to enrich your worship Although he was an eminent theologian, Msgr. Guardini wrote for ordinary Catholics who are struggling to become closer to Christ. Practical, straightforward, yet full of wisdom, *Meditations Before Mass* will help you to quiet your soul, concentrate your mind, and grow more receptive to grace.

What a beautiful book. It is not new, having been written decades ago, but the meditations are timeless. Arriving to Mass early and spending time to prepare oneself spiritually is a must. I now open my Kindle and read one or more chapters and then ponder them to see if I have room for

growth in the subject area of the particular meditation(s). I usually do. And I think I'm the better for it. I think my favorite (for now) is the chapter on "Composure and Action". But, I also greatly appreciate the chapter on "Habit as a Hindrance". Too often one can become too comfortable with certain actions and after a point one repeats these actions mindlessly and even with a bored mindset. "Habit as a Hindrance" is an appropriate reminder on staying focused and participating in the Mass with one's entire being. All of the meditations can have a profound effect on a person who wishes to actively assist at Mass.

I gave this 5 stars because it's a book on respecting the sanctity of the mass. I thought it was a book on prayers to be used before mass starts or during Eucharistic devotion. But it tells you exactly what you're experiencing when you enter the church & how to show your respect. I'm a senior citizen and was raised with a strict code of behavior for Sunday mass. This book explains exactly why. I have much more fodder for my 5th grade class now.

This is a most interesting book in that it presented perspectives regarding the Mass I had never thought about. There is a great deal of sensitivity in it about how one attends Mass. Do they really 'participate' or are they an observer. Do they 'prepare' for attending Mass or go for the sake of saying they attended. Rec. to anyone who attends Mass or does not. It may be if someone reads it who does not attend Mass will begin to attend with a new look at what the Mass does for one if they fully participate. Thank you, mla

This book is very well written in clear, descriptive language. The book goes step by step through the Mass and shows how our interior and exterior actions and attitudes can either help or hinder our full active participation in our worship of God. As stated, it is very good for reading one section each week before Mass.

Very inspiring. I have only just started it but so far I will say it's what I was searching for. Inspiration!

Enjoy it very much, I like having something to read before mass.

I have read other Romano Guardini books; but this has become my favorite (number two is "The Lord." Get to Mass early and prepare yourself by reading this book. I have it paper and kindle and can't seem to put it down.

Short and useful meditations for setting the mood before Mass. It refers to the Tridentine mass, so some of the examples are a little dated, but the content is not dated at all. I love this book.

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