

kingdom may come in fullness! That His will may be done in me and through me! Mother, just as Jesus came to this world the first time through You and the Holy Spirit, please ask Him to penetrate all my soul through You and the Holy Spirit and to abide in me. May God's will be done through me, namely the salvation of my immortal soul and the coming of God's kingdom!

### **Conclusion**

May almighty God bless you, the Father, and the Son, † and the Holy Spirit. Amen.

### Prayer after the Mass

A prayer of indulgence\* - fix your spiritual eyes towards the cross:

Behold, O kind and most sweet Jesus, I cast myself upon my knees in Your sight, and with the most fervent desire of my soul I pray and beseech You that You would impress upon my heart a lively faith, a firm hope and an ardent charity, with true sorrow for my sins and a spirit of true repentance. With deep affection and grief of soul I ponder within myself and mentally contemplate Your five most precious Wounds; having before my eyes the words which David in prophecy spoke concerning Yourself, O good Jesus: "*They have pierced My hands and feet; they have numbered all My bones.*"

(To gain a plenary indulgence, recite *the Our Father, Hail Mary, and Glory be.*)

Holy Michael, Archangel, defend us in the day of battle; be our safeguard against the wickedness and snares of the devil; may God rebuke him, we humbly pray, and do thou, Prince of the Heavenly Host, by the power of God, thrust down to hell Satan, and all wicked spirits who wander through the world for the ruin of souls. Amen.

Notes:

\* Indulgences are the remission before God of the temporal punishment. Through repentance or confession our sins are forgiven, but through good works, self-denial and acts of faith we obtain indulgences or, in other words, we suffer purgatory on earth. We can also obtain indulgences for a specified prayer. Many indulgences can be obtained for devout attendance at Holy Mass.

## **The mystery of faith – the Eucharist**

How to experience the Divine Liturgy (Holy Mass) spiritually by the faithful who for certain reasons cannot attend the Mass

Jesus Christ, the Son of God, became man through the Holy Spirit and the Virgin Mary and, dying on the cross, He redeemed us from eternal condemnation. The mystery of redemption is closely connected with the Mother of Jesus, whom Jesus gave us as our Mother at the hour of His death. "*Behold, your Mother!*" This is His last will and testament from the cross for you too! As the Mother of Jesus and our Mother, standing by the cross, she experienced the deepest and innermost union with the dying Jesus. She will accompany you through your spiritual experience of the mystery of the Eucharist – the making present of Christ's death.

What is the purpose of this booklet? It should help you to experience the Mass more deeply.

We live in a time of apostasy. Nevertheless, Christ's sacrifice is constantly made present in the Mass by the Holy Spirit through true priests who have remained faithful to Christ. The faithful who do not have the opportunity to physically attend a valid Mass due to illness, old age or other reasons can draw from this treasure spiritually. How? They can be connected to the mystery of Christ's death by faith.

What happened at the moment of Christ's death? After redeeming us from the slavery of sin, Jesus committed His spirit into the hands of the Father. We were immersed into Christ's death through baptism (Rom 6:4). We should experience this spiritual immersion especially at the culmination of the Mass, where Christ's death is made present.

How to enter into Christ's death? Through faith and by calling on the name of Jesus.

### **Explanation of the essence of the liturgy**

#### The moment of silence before the Consecration

Together with the Blessed Virgin, we invoke the Holy Spirit. The Blessed Virgin experienced the mystery of Christ's sacrifice in the liturgy celebrated by the Apostle John in Jerusalem. She was so deeply united to Jesus as when she was physically present at Calvary. Therefore, as our Mother, she can lead us more and more deeply into this spiritual reality.

### Adoration after the Consecration:

#### Part one – Testament from the cross

I stand by the cross together with the Blessed Virgin like the disciple John. A disciple is the one who forsakes all that he has for the sake of Christ (Lk 14:33) and even loses his soul for His sake to save it (Mk 8:35). Each of us has relationships with people and things. But in these relationships, a disciple does not give the first place to things or people or his ego, but to Jesus Himself.

Jesus gives His Mother to the disciple by the cross. The disciple receives her into his own (*eis ta idia*, Jn 19:27). By the power of Jesus' words, a spiritual transplantation of a new heart – a new spiritual centre – takes place. I inherited the old self from our first mother Eve along with the programme of spiritual blindness and egoistic rebellion. Along with the new heart I also receive the spiritual programme of the Mother of Jesus, who is the new self (Eph 4:22-24). Mary is the new Eve; she is Eve's complete opposite. Mary says her *fiat* – her *yes* to God (Lk 1:38). She crushes the head of the hellish serpent (Gen 3:15). She is my Mother!

#### Part two – Perfect contrition

Learn to make an act of perfect contrition at the culmination of the Mass, because it is what you will need most in the moment of death. At the moment of death you will not even be able to pray the Our Father from the heart. Your whole eternity depends on the moment of your death. How to make an act of perfect contrition? Call on the name of Jesus and look at His five wounds: "*Jesus, Jesus, Jesus, have mercy on me a sinner!*" (5 times)

#### Part three – Union with Christ's death

During adoration, you can realize that Christ's death is made present at the moment of the culmination of the Mass. Jesus was not crucified alone, but He had taken upon Himself all sins along with their root, the source of evil – our old self (Rom 6:6). Hereditary sin entered into our human nature through our first mother Eve. Jesus overcame the devil and eternal death, and at the same time paralyzed a dark inheritance, the devil's poisoned root within us. The victory lies only in our most intimate union with Jesus.

At the moment of Christ's death, I commit my spirit into the hands of the Father in union with the spirit of Jesus. This is the ultimate union with God. You can also use the opportunity of this moment for spiritual mission by the power of God. You can even repeatedly experience this moment and offer it for specific people or territory. Through your act of faith the power of Christ's death can work in baptized Christians. The act of faith allows

"Whoever calls on the name of the Lord shall be saved." (Rom 10:13)

This name is Jesus, Yehoshua in Hebrew.

As I slowly pronounce the syllables "*Ye-ho-shu*", I perceive the Triune God in the glory of heaven. As I utter the long "*aa*", I perceive a pillar of light, the symbol of God's presence, descending and penetrating time and space and touching my being. As I utter the second "*aa*", this power of God opens my soul enslaved by the system of lies and original sin. As I utter the third "*aa*", my spirit is united to the spirit of Jesus at the moment of His death on the cross. Jesus, I commit my spirit along with Your spirit into the hands of the Heavenly Father. (I utter slowly): "*Ye-ho-shu-aa-aa-aa*".

I invoke the name of God a second time. I surrender my spirit into the hands of the Father, and I offer it to God for my family and my dear ones: "*Ye-ho-shu-aa-aa-aa*".

Once again I say the name of God, and I entrust myself and my nation into the hands of the Father: "*Ye-ho-shu-aa-aa-aa*".

Through Christ, and with Christ, and in Christ, O God, almighty Father, in the unity of the Holy Spirit, all glory and honour is Yours, for ever and ever. Amen.

At the Saviour's command, we dare to say: "*Our Father...*"

### **C) (Spiritual) Communion**

Behold the Lamb of God, behold Him who takes away the sins of the world! Lord, I am not worthy that You should enter under my roof, but only say the word and my soul shall be healed.

Lord Jesus, now I receive You spiritually into the new heart. Amen.

### **Prayer after Communion**

Mother of God, please welcome Jesus in me and grant to me the grace to experience this reality: "*He who eats My flesh and drinks My blood abides in Me, and I in him.*" (Jn 6:56) Please praise and give thanks to Jesus who now abides in me. He is now in a living tabernacle – in You. You are the New Jerusalem. You are the place where God dwells with His people. (cf. Apoc 21:2-3)

O Mary, most holy Virgin and Mother, behold, I have received Your most beloved Son, Jesus Christ, whom You conceived in Your spotless womb and bore. Behold, with love I humbly return Him and offer Him to You, that through Your intercession the life of the risen Jesus may fill my soul. That His name may be sanctified in me and through me! That His

When the Israelites came out of slavery in Egypt, the Lord accompanied them in a pillar of fire and light (Exo 14). I perceive this pillar of fire in which the power of Christ's death works.

### **Adoration after the Consecration:**

#### **Part one – Testament from the cross**

Jesus, now I stand by Your cross as Your disciple by the side of Your Mother. Now You see me, and say to me: “Behold, your Mother!” (I look into Your eyes and see a ray of light coming from Your eyes into mine and penetrating into my innermost being – *eis ta idia* (Jn 19:27), even to the division of soul and spirit (Heb 4:12). It is here that I receive Your Mother.

At the same time, I undergo spiritual transplantation of a new heart, a new spiritual centre, while calling on Your name: “Ye-ho-shu-aa-aa-aa”.

#### **Part two – The act of contrition**

I fix my gaze upon Your sacred wounds, and repent for the sins of my past – 1) I did not care about my immortal soul, and did not want to set aside one hour a day to talk to God; 2) I accepted popularized pagan practices and teachings: yoga, reincarnation, feng shui, yin and yang, acupuncture, homoeopathy; 3) I was addicted to mobile phone, the internet and deceptive mass media; 4) I was a slave to decadent music; 5) I ignored God's laws that condemn immorality and satanic gender ideology... Now, from the bottom of my heart and with sorrow, looking at each of Your wounds, I say: “Jesus, Jesus, Jesus, have mercy on me a sinner!” (5 times)

#### **Part three – Union with Christ's death**

Streams of blood, which is still darker, flow down the deadly pale Jesus' face. The cheeks covered in wounds elongate. His head sinks onto His breast, His heart stops beating. Jesus feels that He is on the threshold of death. With one last surge of strength, He once again presses His feet against the nail, and cries out with a loud voice: *“Father, into Your hands I commit My spirit!”* His hands, first clenched, now open and the arms droop. His knees are bent and rotate laterally. His head declines lifelessly upon His breast. Our Lord breathes His last.

In His death, the power of darkness and evil is overcome. The death of Jesus, like a pillar of light, unites me to the Heavenly Father. Mother, now together with You, I enter into Christ's death. Together with You, I forsake all that I have for the sake of Jesus, as if this was the last moment of my life. I realize that through baptism I was immersed into Christ's death (Rom 6:4). Mother, together with You, I experience the reality of union with Christ's death by calling on the name of God.

the almighty power of God to bring about a spiritual awakening – resurrection (cf. Mt 10:8).

### **The Introductory Rites**

In the name of the Father, and of the Son, and of the Holy Spirit. Amen.

If we say that we have no sin, we deceive ourselves, and the truth is not in us. Our sins proceed from the source of evil in us, original sin, and therefore I acknowledge: I am an egoist; I do not seek the will of God but push my own will. I am a hedonist; I often seek pleasure even at the cost of sin. I am a critic; I condemn others, but I refuse to see or admit my fault. (Pause for silence)

May almighty God have mercy on us, forgive us our sins, and bring us to everlasting life. Amen.

Kyrie eleison! Kyrie eleison!

Christe eleison! Christe eleison!

Kyrie eleison! Kyrie eleison!

Thank You, Jesus, for forgiving all my sins.

### **Gloria in excelsis Deo (Glory to God in the highest)**

Our Saviour is born! That night when the Child Jesus was born, an angel appeared to shepherds and said to them: *“There is born to you this day a Saviour, who is Christ the Lord.”* The glory of the Lord shone around them, and they were greatly afraid. And suddenly there was with the angel a multitude of the heavenly host praising God and saying: *“Glory to God in the highest, and on earth peace, goodwill toward men!”*

Holy Mother of God, when the shepherds made known what they had heard and seen, You kept all these things and pondered them in Your heart. Now, together with You, I also think about the coming of the Son of God into this world as a defenceless child.

### **A reading from Scripture**

Open up the New Testament with faith and just read a random verse.

### **The Creed**

Heavenly Mother, You had the purest and most steadfast faith in God's word. Together with You, I confess and believe in one God, Maker of heaven and earth. In my mind I see a starry sky with millions of stars, everything moving in perfect harmony. I also perceive laws on our earth, both in the material and spiritual realm. Every thinking person must marvel

at every single law and confess the wisdom and omnipotence of the Creator. Literally miraculous functions of the human organism! The miracle of life and its transmission! Genetics! Immune system! And also the wonderful instincts in animals and the wonders of nature...

I believe in Jesus Christ! He is true God and true man. He is the only Saviour. How many heresies and heretics have tried to question the divinity or humanity of Christ, His redemptive death on the cross, or His historical and real resurrection. But I stand in the truth and confess before everyone: I believe in Jesus Christ, the Only Begotten Son of God, who became man through the Holy Spirit and the Virgin Mary. I believe and confess that Jesus Christ was crucified for us and for our salvation and rose again on the third day as the Son of God...

### A) Offertory

Holy Virgin, forty days after the birth of Jesus You came to the temple and presented Him to the Heavenly Father. Old Simeon prophesied, and said to You: "Behold, He is destined for the fall and rising of many, and a sword will pierce through your own soul also." (Lk 2:34)

Mother of God, You knew Isaiah's prophecy about a man of sorrows. You offer a spiritual sacrifice in Your heart by accepting the mission that God has assigned to You. You became the Mother of Him who, out of love and for my sin, had to accept contempt and torture. He willingly allows Himself to be hung on the cross like a criminal. All for saving me from eternal damnation. At the moment of the presentation in the temple, just as at the moment when the Word became flesh, You, dear Mother, say your "*fiat*", your "*yes*" to God again. Now together with You, I also say my joyful "*yes!*" to God. I will not waste my life in lies or vanities, nor will I lose a chance to make the most of my life by surrendering it to the loving God. I want to seek and do God's will and keep His commandments. By doing so, I can acquire and multiply spiritual treasures in heaven that are eternal.

I give God my whole future, all the trials of life, and I also accept the time and manner of death that awaits me. I unite all this to Jesus' and Your offering, dear Mother, for my salvation and for the salvation of many.

### Sanctus, Sanctus, Sanctus

When Isaiah was called by God to be a prophet, he saw the heavenly seraphim who proclaimed: "Holy, holy, holy is the Lord of hosts; the whole

earth is full of His glory!" At the sound of their voices the doorposts and thresholds shook and the house was filled with smoke. (Isa 6:2f)

When the Holy Spirit was sent on the Day of Pentecost, there came a sound from heaven, as of a rushing mighty wind, and it filled the whole house on Mount Zion. All the apostles were gathered there together with You, O Mother of God. And divided tongues as of fire appeared to them and rested on each one of them. And they were all filled with the Holy Spirit and began to speak in other tongues as the Spirit gave them utterance. (Acts 2) About three thousand people were converted and baptized that day. They listened to the apostles' teaching and participated in the breaking of bread from house to house. (Acts 2:42.46)

The liturgy is also referred to as "the breaking of bread".

Mother, before His death Jesus instituted the bloodless sacrifice on Mount Zion and it was there, on Mount Zion, that this sacrifice was celebrated by the apostles for the first time on the day when the Church was born.

The Holy Spirit will descend in a little while, and with Him the invisible hosts of archangels, angels and seraphim who proclaim unceasingly with one voice: "*Holy, Holy, Holy!*"

**The moment of silence before the Consecration** (here I prepare my heart for the most important moment in the liturgy):

In my spirit, I am in the Upper Room on Mount Zion, where You, Lord Jesus, instituted Your bloodless sacrifice.

Come, Holy Spirit! On the Day of Pentecost, when the Holy Spirit had descended on the Apostles, they were empowered to fulfil Your command and that very day they began to celebrate the Divine Liturgy.

Now I turn to You, dear Mother, please pray for the Holy Spirit to descend on me too. He alone can unite my heart to the sacrifice of Jesus on the cross, so that I may be in so deep a union with Him as You were when standing at Calvary. Please obtain this grace for me.

I say slowly with faith several times: "Veni Sancte Spiritus! Come, Holy Spirit..."

### B) Consecration

I hear the words of Christ, which were spoken before His death and which were also spoken by the Apostles on Mount Zion during the first Divine Liturgy: "*This is My body, which will be given up for you.*" ... "*This is My blood, which will be poured out for you and for many for the forgiveness of sins.*"

This bloodless sacrifice was accomplished by Jesus' death at Calvary, which is made present here by the Holy Spirit. Christ's death unites me to the Father like an invisible pillar of fire.