

# IN SPIRIT AND TRUTH: THE MASS

## Readings, Psalm, and Gospel

This is article 5 of 21 of the Mass series

**Listening to God's Word:** The Mass readings proclaim God's love.

As followers of Christ, we are called to *listen* attentively as the reader, deacon or priest proclaims God's Word. *Why?* Because when we listen to God's Word, we can hear God speak to us!

The Church organizes the Liturgy of the Word into four readings.

### **First Reading**

The first reading is generally from the Old Testament. We listen to how God has faithfully loved his people throughout ancient history. This reading coordinates with the Gospel to give context to the Gospel. We are challenged to listen to the Gospel in light of the first reading.

### **Responsorial Psalm**

The responsorial psalm fosters meditation on the first reading. We call the Psalms "responsorial," for two reasons. First, we sing a chorus and response. Second, we sing the psalm to echo God's Word and to contemplate its emotions. They express how our human emotions relate to God. The Responsorial Psalm challenges us to be emotionally invested in the Mass.

### **Second Reading**

The Second Reading is taken from the New Testament. We listen to how God offers encouragement, support, correction, or even guidance. This reading is either an epistle (letter), something from the Acts of the Apostles, or an event in Revelations. The New Testament readings sustained early Christians and inspired them to build the Kingdom of God, despite external oppression. We can listen to this reading for spiritual advice.

### **Gospel**

The Gospel is preceded by a moment of silence that is broken with an Alleluia (or another chant). The silence prepares us for the joyful disruption of the Gospel because the Gospel proclaims the life, ministry, miracles, parables, compassion, mercy and preaching of Christ! As the Gospel is being introduced, we trace the cross unto our forehead, lips, and heart to ask the Lord to be in our mind, on our lips, and in our heart as we listen to the Gospel and then strive to live it in our daily lives.

This week's *In Spirit and Truth* is written by Joe Nufable