

## Prayer Anthology # 62

### Focus Point :

We attend Mass.... We "go to" Mass. But, how much do we participate in the Mass? In today's busy world we are all easily distracted. How can we better participate in the Mass and not let our minds wander? Each part of the Mass offers so much to each of us: Repentance, the Lord's Mercy, charity, personal reflection and giving thanks for the Body & Blood of Jesus. Father Joe and Father Joy ask us to allow 5 to 10 minutes before Mass for Silent Prayer. Perhaps it is during this time that we can ask Jesus to help us focus on Him.

### Prayer before Mass:

*Dear Lord, Please bless me with the ability to settle my mind on You and protect my heart from distraction during Mass. Let the Holy Spirit fill me with Your presence and remind me of my Faith in You. Help to set my gaze on the crucified Jesus and give thanks for the sacrifice He made for me. I pray God's Word reaches my ears and my heart in a way that allows me to reflect Your Love to others as I go through my day. Please take my troubles from my mind as I trust in You and Your perfect will.*

*Bless me with Peace and Joy. May my relationship with You be strengthened as we join together to celebrate this Mass. Amen*