

words “The Lord be with you. / And with your spirit.” are special Christian greetings that find their basis in the Bible. (2 Timothy 4:22; Philemon 4:25) These words remind us that God is with us at all times, and we’re praying that all of us will be aware of the important work that we are doing at the Mass. So let’s practice these words. I’ll do the priest’s part, and you respond with the people’s part. Please stand.

The Lord be with you.

(And with your spirit.)

Let’s try another greeting. You’ll be offering the same response that you just spoke.

The grace of our Lord Jesus Christ,  
and the love of God,  
and the communion of the Holy Spirit  
be with you all.

(And with your spirit.)

(Note: If someone asks why the words of the Mass are changing, say: Since Catholics all over the world speak so many different languages, the Church uses Latin as its official language to speak to all people. The prayers of the Mass are written in Latin, and then all the bishops of the world work to translate the Latin into the language of their people. Our last pope, Blessed John Paul II, updated the prayers that we use at Mass. He asked that, when the bishops translate the prayers into their own language, they translate them in a way that is as close as possible to the Latin. So, some of the words we use at Mass will be changing so that we will be praying with words that are close to the Latin. This means that Catholics all over the world, no matter what language they are praying in, will all be using words that mean the same thing.)

- OK, please be seated. Let’s continue with the next part of the Mass, which is called the Penitential Act. Look on page 6 of *My Own Mass Booklet* or your pew card. Invite a volunteer to point out the location of the Penitential Act on the pew card and show the group where to locate it.

4. **RESUME** Resume showing the DVD (The Penitential Act).
5. **PAUSE** Pause the DVD at the 7:02 mark (following the words “And we ask this in confidence, because we know God loves us and wants us to be close.”) and ask the following:
  - **What is your role in the Penitential Act?** (to take an honest look at ourselves; to remind ourselves of how much we need God’s mercy)
  - **What are the three lines that we pray?** (Lord, have mercy. Christ, have mercy. Lord, have mercy.)
  - **Sometimes during the Penitential Act, we are invited to say a prayer that expresses our sorrow for our sins. This prayer is called the *Confiteor*, which means “I confess” in Latin. Who can find this prayer on your pew card?** (Invite a volunteer to point out the *Confiteor*.)
  - **Let’s pray these words together. Let’s stand.**

I confess to almighty God  
and to you, my brothers and sisters,  
that I have greatly sinned,  
in my thoughts and in my words,  
in what I have done and in what I have failed to do,  
through my fault, through my fault,  
through my most grievous fault;  
therefore I ask blessed Mary ever-Virgin,  
all the Angels and Saints,  
and you, my brothers and sisters,  
to pray for me to the Lord our God.
  - **In this prayer, we are emphasizing our sinfulness. We say that we have greatly sinned, and we repeat three times “through my fault, through my fault, through my most grievous fault.” The word *grievous* means that these faults or sins cause us to grieve or to feel sorrow. In fact, we feel so sorrowful about sinning that we symbolically strike our chest as we say these words.** (Demonstrate.)