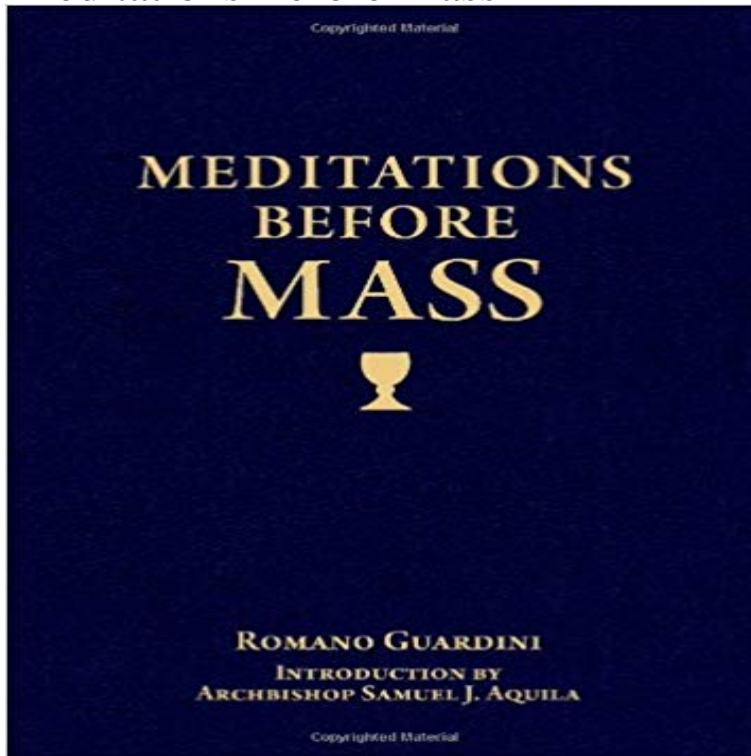


Meditations Before Mass



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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