



Encountering God in Liturgy

“I am the bread of life.” – John 6:35



Introduction

- His Body and Blood are our heavenly food
- We can only partake of the Eucharist in His Church
- The celebration of the Liturgy is a feast and encounter with God
- Our Christian faith revolves around the Liturgy
- *“The Christians make the Eucharist, and the Eucharist makes Christians.”*
- How do we meet God in the Liturgy?



1. Preparation

- The Church teaches us how to prepare for our meeting with God
- Prayer
 - I was glad for those who said to me, “we will go into the house of the Lord.” (Ps. 121:1 LXX)
 - “Blessed is the man You choose, and cause to approach You, that he may dwell in Your courts. We shall be satisfied with the goodness of Your house, of your holy temple.” (Ps. 64:4 LXX)
 - “One thing I have asked of the Lord, this also I will seek, that I should dwell in the house of the Lord all the days of my life...” (Ps. 26:4)



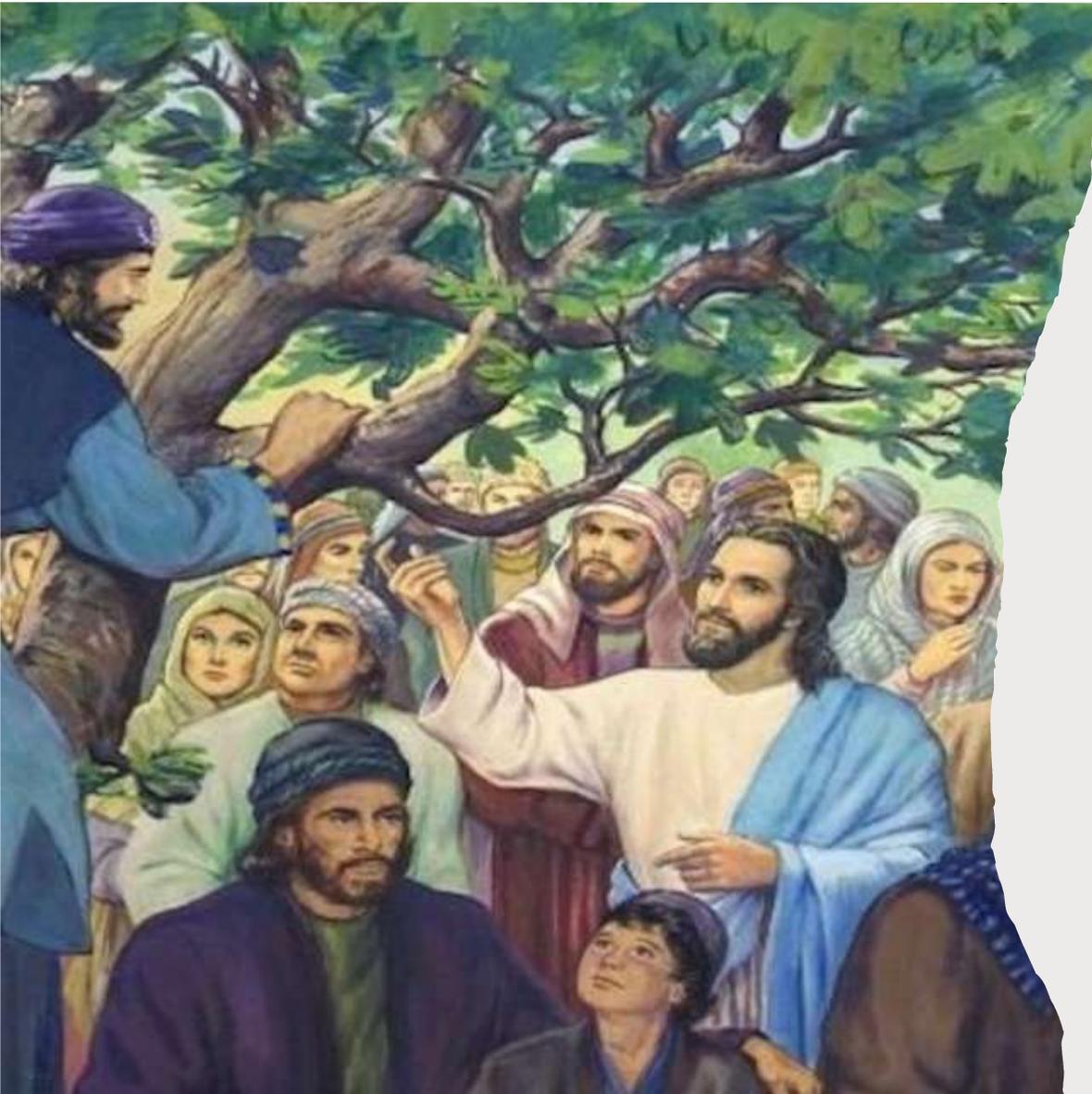
2. Empty the Mind

- Focus on my upcoming meeting with the Lord
- Remove distractions
- To empty the mind, we must also empty our hands



3. Be in the Present Moment

- We can only meet God in the present moment
- God is only concerned about the present moment
- God can only meet us in the present moment



4. A Spectator or Participant

- When we come to liturgy, are we coming to observe a show?
- EX: Zacchaeus



5. Showing Reverence

- We will never encounter God if we do not honor nor respect Him
 - “You shall not make for yourself a carved image—any likeness of anything that is in heaven above, or that is in the earth beneath, or that is in the water under the earth...” (Exo. 20:4)
 - “Honor your father and your mother, that your days may be long upon the land which the LORD your God is giving you.” (Exo. 20:12)



6. Just Come

Just come and allow
yourself to be molded by
God in His presence