



The Official *Mass in a Month* Scripture Prayer Guide

Welcome to the *Mass in a Month* Scripture Prayer Guide, designed to accompany Ascension's new podcast: *The Mass in a Month (with Dr. Edward Sri)*!

In Ascension's *Mass in a Month* podcast, free on the Ascension App, Dr. Edward Sri guides listeners through the parts of the Mass, sharing the beauty and meaning behind the liturgy, so you can go deeper with God each Sunday. Find out more at ascensionpress.com/mass.

About the Prayer Guide:

The Readings and Gospel aren't the only times you'll hear Scripture during Mass—the entire Mass is rooted in the Bible!

We've put together this prayer guide to help guide you through some of the Scripture verses that fill the Mass. We encourage you to take some time before your next Sunday Mass to pray with some of these verses and ask God to lead you deeper into a profound encounter with him at Mass.

About the Four Main Parts of the Mass:

- The Introductory Rites
 - In the Introductory Rites, we're preparing our hearts for an encounter with God. The Sign of the Cross invokes God's holy presence, we acknowledge our sins in the "I Confess" prayer, entrust ourselves to his mercy in the *Kyrie*, and praise God in the *Gloria*.
- The Liturgy of the Word
 - In the Liturgy of the Word, we hear God's word proclaimed. Scripture is inspired by God, meaning that in the First Reading, Responsorial Psalm, Second Reading, and Gospel, God is speaking personally to us.
- The Liturgy of the Eucharist
 - In the Liturgy of the Eucharist, Jesus' sacrifice on the cross is made present by the priest, who carries out what Jesus did at the Last Supper. Bread and wine are offered as gifts by the people and then consecrated and changed into the Body and Blood of Christ.
- The Concluding Rites
 - After receiving Holy Communion, the Concluding Rites prepare us to transition from this sacred place back into our daily lives. The dismissal is a sending forth, instructing and encouraging the faithful to bring Christ's Word and his presence into the world.

Scripture in the Mass

Introductory Rites	Sign of the Cross	Matthew 28:19	Go therefore and make disciples of all nations, baptizing them in the name of the Father and of the Son and of the Holy Spirit.
	Greeting; "The Lord Be with You"	Exodus 3:11-12	But Moses said to God, "Who am I that I should go to Pharaoh, and bring the sons of Israel out of Egypt?" He said, "But I will be with you; and this shall be the sign for you, that I have sent you: when you have brought forth the people out of Egypt, you shall serve God upon this mountain."
	<i>Confiteor</i> ; "I Confess"	1 John 1:9; James 5:16	If we confess our sins, [God] is faithful and just, and will forgive our sins and cleanse us from all unrighteousness.
	<i>Kyrie</i> ; "Lord, Have Mercy"	Psalms 51	Have mercy on me, O God, according to your merciful love; according to your abundant mercy blot out my transgressions.
	<i>Gloria</i>	Luke 2:14; John 1:14-15; John 3:16; John 1:29; Isaiah 53:7-12; Mark 16:19	"Glory to God in the highest, and on earth peace among men with whom he is pleased!"
Liturgy of the Word	First Reading	2 Timothy 3:16	All Scripture is inspired by God and profitable for teaching, for reproof, for correction, and for training in righteousness,
	Responsorial Psalm	Psalms 136:1	O give thanks to the Lord, for he is good, for his mercy endures for ever.
	Second Reading	1 Thessalonians 5:27	I adjure you by the Lord that this letter be read to all the brethren.
	Gospel Acclamation; "Alleluia"	Revelation 19:4	And the twenty-four elders and the four living creatures fell down and worshiped God who is seated on the throne, saying, "Amen. Hallelujah!"
	Gospel	Mark 1:14-15	Now after John was arrested, Jesus came into Galilee, preaching the gospel of God, and saying, "The time is fulfilled, and the kingdom of God is at hand; repent, and believe in the gospel."
	Homily	Nehemiah 8:7-8	...The Levites, helped the people to understand the law, while the people remained in their places. And they read from the book, from the law of God, clearly; and they gave the sense, so that the people understood the reading.
	Profession of Faith; Creed	Deuteronomy 6:4-5	"Hear, O Israel: The Lord our God is one Lord; and you shall love the Lord your God with all your heart, and with all your soul, and with all your might."
	Prayer of the Faithful	Acts 12:5-7	So Peter was kept in prison; but earnest prayer for him was made to God by the Church...The very night when Herod was about to bring him out, Peter was sleeping between two soldiers, bound with two chains, and sentries before the door were guarding the prison; and behold, an angel of the Lord appeared, and a light shone in the cell; and he struck Peter on the side and woke him, saying, "Get up quickly." And the chains fell off his hands.
	Presentation of the Gifts	Leviticus 7:13	With the sacrifice of his peace offerings for thanksgiving he shall bring his offering with cakes of leavened bread.
	Mixing of the Water & Wine	2 Peter 1:3-4	His divine power has granted to us all things that pertain to life and godliness, through the knowledge of him who called us to his own glory and excellence, by which he has granted to us his precious and very great promises, that through these you may escape from the corruption that is in the world because of passion, and become partakers of the divine nature.
	Washing of Hands	Exodus 29:4	You shall bring Aaron and his sons to the door of the tent of meeting, and wash them with water.

Liturgy of the Eucharist	Prayer over the Offerings	Daniel 3:16-17	Yet with a contrite heart and a humble spirit may we be accepted, as though it were with burnt offerings of rams and bulls, and with tens of thousands of fat lambs; such may our sacrifice be in your sight this day, and may we wholly follow you, for there will be no shame for those who trust in you.
	Preface	Lamentations 3:41	Let us lift up our hearts and hands to God in heaven.
	<i>Sanctus</i> ; Holy, Holy, Holy	Isaiah 6:3	And one [seraphim] called to another and said: "Holy, holy, holy is the Lord of hosts; the whole earth is full of his glory."
	<i>Epiclesis</i>	Exodus 16:12-15	In the evening quails came up and covered the camp; and in the morning dew lay round about the camp. And when the dew had gone up, there was on the face of the wilderness a fine, flake-like thing, fine as hoarfrost on the ground. When the sons of Israel saw it, they said to one another, "What is it?" For they did not know what it was. And Moses said to them, "It is the bread which the Lord has given you to eat."
	Words of Institution and Consecration	Luke 22:19	And he took bread, and when he had given thanks he broke it and gave it to them, saying, "This is my body which is given for you. Do this in remembrance of me."
	"The Mystery of Faith"	1 Timothy 3:9	They must hold the mystery of the faith with a clear conscience.
	Intercessions	1 Corinthians 10:17	Because there is one bread, we who are many are one body, for we all partake of the one bread.
	Doxology & Great Amen	Revelation 5:13-14	And I heard every creature in heaven and on earth and under the earth and in the sea, and all therein, saying, "To him who sits upon the throne and to the Lamb be blessing and honor and glory and might for ever and ever!" And the four living creatures said, "Amen!" and the elders fell down and worshipped.
	Lord's Prayer; "Our Father"	Matthew 6:9-13	Pray then like this: Our Father who art in heaven, Hallowed be thy name. Thy kingdom come. Thy will be done on earth as it is in heaven. Give us this day our daily bread; And forgive us our trespasses, As we forgive those who trespass against us; And lead us not into temptation, But deliver us from evil.
	Sign of Peace	John 14:27	Peace I leave with you; my peace I give to you; not as the world gives do I give to you. Let not your hearts be troubled, neither let them be afraid.
	Lamb of God; " <i>Agnus Dei</i> "	Revelation 5:11-13; 1 Corinthians 5:7	Then I looked, and I heard around the throne and the living creatures and the elders the voice of many angels, numbering myriads of myriads and thousands of thousands, saying with a loud voice, "Worthy is the Lamb who was slain, to receive power and wealth and wisdom and might and honor and glory and blessing!"
	Holy Communion	Revelation 19:9; Matthew 8:5-13	And the angel said to me, "Write this: Blessed are those who are invited to the marriage supper of the Lamb." And he said to me, "These are true words of God."
Concluding Rites	Blessing, Dismissal; "Go Forth"	John 20:21	Jesus said to them again, "Peace be with you. As the Father has sent me, even so I send you."

Interested in Diving Deeper?

- Join Dr. Edward Sri for the [Mass in a Month Podcast in the Ascension App!](#)

- **Even more Scripture:** Dr. Sri explores the Biblical roots of the Mass, helping you see how Scripture comes alive in every part of the liturgy.
- **Practical advice on getting more out of Mass** with simple, actionable tips, so you can participate more fully and prayerfully each week.
- **Deep dives on what we're really doing in Mass:** Ever wondered why we sit for the readings and stand for the Gospel? Dr. Sri reveals the deeper meaning behind our postures, prayers, and response at Mass.



- Learn even more with the **Pocket Guide to the Mass**, by Dr. Edward Sri and Fr. Mike Schmitz. This accessible guide helps you **understand and participate in the Mass with renewed clarity, devotion, and awe**. Inside this guide you'll discover:

- **How to prepare your heart for Mass** and remain present throughout.
- **How to respond with attention**, rather than distraction
- **What is really happening on the altar.**
- **The complete Order of the Mass** with explanations for each gesture and prayer.

- Find the pocket guide at ascensionpress.com/pocket-mass!

