

**Worshipping the Lord With all our Heart,
all our Soul, and all our Mind**

by Deacon George Kain



Have we ever had the experience of coming to Mass and we just don't feel like being there? If we've ever had that experience, our complaint may oftentimes be that "I didn't get anything out of this." And some may stop going to Mass because of that. So here is something to think about; yes, when we go to Mass, we listen to the word of God, and we receive the body of Christ given to us to feed us.

But let's think about this: what if we changed our attitude about attending Mass to one of offering ourselves to the Lord in thanksgiving for what he's done for us, and then letting him offer himself to us? When we simply come to Mass prepared to give, that can change us more than anything else, because we are coming to worship our Lord- to love the Lord for who he is, in thanksgiving for his offering Jesus to us. When we do that, something changes in our hearts-then we simply love the Lord for who he is.

So, how do we do that? How do we love God just for who he is? How do we love the giver of the gifts more than we love the gifts? The answer is heavenly worship, even when we don't sense that we are getting anything: when we're not getting good feelings, or even consolation, or insight, or inspiration. Our hearts are purified and changed because our worship not only gives the Lord what he deserves, but that it also does something for us. It's supposed to change us.

We can't leave Mass the same way we arrived. We should expect that when we go to Mass, we are not going to be the same people at the end of Mass as we were at the beginning of Mass. And not just because we encountered the Lord himself, and his presence; not only because we're fed with the Eucharist, but because we loved God for who he is. If we keep coming to Mass and focus on how we don't want to be there, our hearts will remain small. Instead, let's offer any lack of expectancy to God so that we can receive the abundant love he is pouring out upon us.

To give worship when we don't feel like it is the only thing that can truly change us. Because when we show up and give worship when we don't feel like it, we're saying, *"God, I will still choose you when I'd rather not; I'll still give you this time when I'd rather not. I'm going to still give you this worship, not because of the gift you're going to give me, but because you're you. You're God, and you deserve my heart."*