

Lesson 7: Prayers before Mass

Try to get to Mass early so you can pray the prayers before Mass.

You've heard the conventional wisdom, "You get out of it what you put into it." And that surely applies to the Mass. On the free [Relevant Radio App](#), there is a drop-down menu on the right side, and one tab is "Prayers Before Mass." There you will find the Prayer of St. Ambrose, the Prayer of St. Thomas Aquinas, the Prayer to St. Joseph, the Prayer to the Virgin Mary, and the Statement of Intentions for Priests.

All of these are helpful, but here's a gem from the one by St. Thomas Aquinas: "May I receive the Bread of Angels, the King of Kings, and Lord of Lords, with such reverence and humility, such contrition and devotion, such purity and faith, and such resolve and determination as may secure my salvation."

Remember: you get out of it what you put into it.