

Actions Speak Louder Than Words

A fun review game to help relieve the wiggles during CCD class.

Introduction: What are we supposed to do during Mass? Sometimes, we stand, kneel, bow, bless, genuflect or sit. We also do other things during Mass. Let's see if you know what you are supposed to do.

Directions: Have the students stand in front of their chairs with plenty of room in front of them. Say to the students: Let's review what you should do during Mass. When I say the action, I want you to act it out.

Stand = stand

Sit = sit

Kneel = rest or get down on both knees

Bow = bend forward at the waist

Bless = Sign of the Cross

Genuflect = to bend the right knee to the floor and rise again

Strike our breast = gently tap your heart with your right fist

There is one other thing that we do during Mass; with our right hand held closed, we make three crosses. Can you show me how we do this? Have the students show you (with their right hand closed they use their thumb and make a small sign of the cross on their forehead, lips, and over their heart and silently pray, "God be in my mind, on my lips, and in my heart.")

Say to the students: I will now ask the whole class questions and all of you will answer them by acting out what you should do.

Questions:

What is the first thing you do when you enter the church? (Bless yourself with holy water.)

What do you do when getting in and out of your pew? (Genuflect and bless yourself.)

At the very beginning of Mass, we sing and do what as the priest enters the church? (Stand)

During the Opening Procession, what do you do? (Stand)

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During the Introductory Rites the priest greets us and says: “In the name of the Father, the Son, and of the Holy Spirit.” What are we supposed to do while he is saying that? (Bless ourselves while we are standing.)

When the priest welcomes everyone to Mass and asks that God’s grace (friendship) be on all of us, what are we supposed to do? (Stand)

When we are saying the Penitential Rite (I confess to almighty God), what are we doing? (Standing)

During the Penitential Rite, as a sign of sorrow for our sins, we do something when we say, “that I have sinned through my own fault,”? (We strike our breast, which means we gently tap our hearts with our fists.)

When we say the prayer “Lord, have mercy”, (Kyrie) what are you supposed to do? (Stand)

During the prayer, Glory to God (Gloria in excelsis Deo), what are you supposed to do? (Stand)

During the First Reading, what are you supposed to do? (Sit)

During the Responsorial Psalm (we join in a prayer that is read or sung) what do we do? (Sit)

During the Second Reading, what are you supposed to do? (Sit)

When we sing the Gospel Acclamation (“Alleluia”), what are you supposed to do? (Stand)

During the Gospel what do you do? (Stand)

When the priest says at the beginning of the Gospel Reading- "A reading from the gospel of _____ (Matthew, Mark, Luke, or John)," what do we do? (With our right hand closed we use our thumb and make a small sign of the cross on our forehead, lips, and over our heart and silently pray, "God be in my mind, on my lips, and in my heart.")

What do we do during the Homily? (Sit)

The Profession of Faith (Nicene Creed or Apostles’ Creed) is our affirmation of our Catholic beliefs. What do we do when we say this during Mass? (Stand)

During the Nicene Creed when we say: “by the power of the Holy Spirit he was born of the Virgin Mary and became man,” what are we supposed to do? (Bow)

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During the Prayer of the Faithful (General Intercessions) the reader presents our needs to God. They say: “We pray to the Lord.” We say in response, “Lord, here our prayer.” What are we supposed to do during this time? (Stand)

During the Offertory (the collection), what are we supposed to do? (Sit)

While the gifts are brought to the altar we sing a song and what else are we doing? (Sitting)

During the Preparation of the Gifts, what are you supposed to do? (Sit)

During the Invitation to Prayer, when the priest says: “Pray, brothers and sisters, that our sacrifice may be acceptable to God, the almighty Father.” (Stand)

During the Prayer Over the Gifts when the priest asks God to bless and accept our gifts, what are we supposed to do? (Stand)

The Eucharistic Prayer begins with an introductory dialogue. The priest says: “The Lord be with you.” And we say: “And also with you.” What are we supposed to be doing during this time? (Standing)

At this part of the Mass we praise God and we say or sing: “Holy, holy, holy Lord, (or Sanctus) God of power and might, heaven and earth are full of your glory. Hosanna in the highest. Blessed is he who comes in the name of the Lord. Hosanna in the highest.” What are we supposed to do? (Stand)

During the Consecration (when the priest, using the words of Our Lord, changes bread and wine into the Body and Blood of Christ), what are you supposed to do? (Kneel)

When we do the Memorial Acclamation (the prayer that helps us to remember Christ’s death, resurrection, and ascension). What are we supposed to do during this? (Kneel)

During the Great Amen, we say or sing one word, but that word is a very important one. What are we supposed to do? (Stand)

When we say the Lord’s Prayer, what do we do? (Stand)

At the Sign of Peace we offer both words and gestures, usually a handshake to one another. When we do this, what are you supposed to do? (Stand)

After the priest breaks the bread, he holds it aloft in its broken form and we say the Communion Prayer (Agnus Dei “Lamb of God”). The priest says: “This is the Lamb of God who takes away the sins of the world. Happy are those who are called to his supper.” We say: “Lord, I am not worthy to receive you, but only say the word and I

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shall be healed.” What are we supposed to do when the Communion Prayer is said?
(Kneel)

When you approach the priest or minister to receive the Body and Blood of Christ, what do you do? (Bow)

What do you do after you receive the Body and Blood of Christ? (You bless yourself.)

After Communion, you return to your seat, what do you do? (We kneel and have a quiet time of prayer alone for a few moments.)

We do a Prayer after Communion. The priest begins, “Let us pray . . .” We respond to the prayer by saying, “Amen.” What are we supposed to do during this? (Stand)

At the beginning of the Concluding Rite, the priests say: “The Lord be with you.” We answer, “And also with you.” Then the priest says: “May almighty God bless you, the Father and the Son, and the Holy Spirit.” What are we supposed to do during this blessing? (We bless ourselves while standing.)

During the Concluding Rite the priest reminds us to “Go in peace to love and serve the Lord.” Or he says, “The Mass is ended. Go in peace.” We answer, “Thanks be to God.” What are we supposed to do during this? (Stand)

At the end of Mass, during the Closing Song, the priest leaves the church. What do we do while we sing? (Stand)

What do you do when the priest blesses (cleanses) you with incense or holy water?
(Bless yourself while you are standing.)

What is the last thing you do when you leave the church? (Bless yourself with holy water.)

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