

What's Biblical in the Mass? Part 1.

Here's a chart of the main Biblical phrases and sources of Biblical wording throughout the Mass.

Mass Format	Words and Actions	Scripture References
The Sign of the Cross	Making the sign of the cross as we enter and leave Church, and when we start or end a prayer.	Ezekiel 9:4. Ephesians 1:13; 4:30; Revelation 7:2-4; 14:1; 22:4.
Genuflection	Kneeling and bowing down in prayer. Kneeling and bowing in front of the Most Blessed Sacrament.	2 Chronicles 7:3; Psalm 95:6; Isaiah 45:23; Daniel 6:10. Mark 5:6; Luke 22: 39-46; Acts 7:59-60; Romans 14:11; Ephesians 3: 4-20; Philippians 2:9-11.
Greeting	In the name of the Father, and of the Son, and of the Holy Spirit.	Ezekiel 9:4. Matthew 28:19.
	The Lord be with you... and with your spirit.	Judges 6:11-12; Ruth 2:4. 2 Corinthians 13:13; Galatians 6:18; 2 Timothy 4:22.
Penitential Act Kyrie Eleison	I confess to Almighty God, and to you...	Leviticus 5:5; Nehemiah 9:2.
	Have mercy on us, Lord...	Luke 18:13; James 5:16.
	You were sent to heal the contrite of heart...	Psalm 85:7; Baruch 3:2.
	You came to call sinners...	Psalm 147:3; Isaiah 61:1.
Blessing and sprinkling of water in Eastertime	Let us humbly beseech the Lord our God to bless this water...	Numbers 8:7a; Psalm 51; Ezekiel 36:25-27. Hebrews 10:22-24.
Gloria	Glory to God in the highest...	Matthew 9:13; Luke 2:14; John 1:29; John 14:26; Romans 8:34; 2 John 3; Colossians 3:1; Hebrews 3:1; Revelation 7:12; 15:4; 19:6.
Liturgy of the Word	Old Testament, Psalms and New Testament readings.	Old and New Testaments.
Gospel Acclamation	Alleluia! Alleluia...	Revelation 5:11-14; 19:5-7
Crossing ourselves before the Gospel	Making a small cross on our forehead, lips and heart before the Gospel is proclaimed...	Deuteronomy 6: 6-9; 11:18-21. Hebrews 4:12

Welcome and Gathering; Repentance, Reflection and Listening; Proclaiming and understanding; Prayer, praise and worship; Fellowship, hospitality and remembering; Celebrating the Eucharist; Community service and discipleship; Going out and social action; Witnessing and Sharing.

What's Biblical in the Mass? Part 2.

Here's a chart of the main phrases and sources of Biblical wording throughout the Creed.

Mass Format	Words and Actions	Scripture References
Profession of Faith - <i>The Nicene Creed</i>	I believe in one God, the Father almighty, maker of heaven and earth, of all things visible and invisible.	Jeremiah 10:10; 1 Corinthians 8:6. Genesis 1:1; Psalm 146:6. Colossians 1:15-20.
	I believe in one Lord Jesus Christ, the Only Begotten Son of God, born of the Father before all ages. God from God, Light from Light, true God from true God,	John 1:1-5; John 1:18; 1 Corinthians 8:6; 1 Timothy 2:5. John 8:58.
	begotten, not made, consubstantial with the Father; through Him, all things were made. For us men and for our salvation He came down from heaven, and by the Holy Spirit was incarnate of the Virgin Mary, and became man.	John 1:1; John 1: 9-10; John 1:3. Hebrews 1:1-4. John 3:13. Luke 1:35. John 1:14.
	For our sake, He was crucified under Pontius Pilate, He suffered death and was buried, and rose again on the third day in accordance with the Scriptures. He ascended into heaven and is seated at the right hand of the Father. He will come again in glory to judge the living and the dead and his kingdom will have no end.	John 19:16. Luke 24:44-45. 1 Corinthians 15:3-4. Luke 24:51-53; Colossians 3:1. 2 Thessalonians 2:1. Acts 10:41-43; 2 Timothy 4:1. Luke 1:32-33.
	I believe in the Holy Spirit, the Lord, the giver of life, who proceeds from the Father and the Son, who with the Father and the Son is adored and glorified, who has spoken through the prophets.	2 Corinthians 3:6; 17-18. John 15:26. John 16:13-15; John 17:1-3. 1 Peter 1:10-12; 2 Peter 1:19-21.
	I believe in One, Holy, Catholic and Apostolic Church. I confess one Baptism for the forgiveness of sins and I look forward to the resurrection of the dead and the life of the world to come. Amen.	Matthew 28:18-20; 1 Timothy 3:15-16. Acts 2:38-39; Ephesians 4:4-6. Romans 6:5-11. Revelation 3:14; 7:9-12.

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What's Biblical in the Mass? Part 3.

Here's a chart of the main Biblical phrases and sources of Biblical wording throughout the Mass.

Mass Format	Words and Actions	Scripture References
Preparation of the gifts	Blessed are you, Lord God of all creation...	1 Chronicles 29:10; Psalm 104:13-15; John 6:48; Romans 9:5; 1 Corinthians 10:4.
Invitation to pray	Pray, brethren, that my sacrifice and yours ... May the Lord accept the sacrifice at your hands...	Hebrews 12:28. Psalm 66:1-2.
Eucharistic Prayer	The Lord be with you... Lift up your hearts... Let us give thanks...	Lamentations 3:41; Colossians 3:1-2; 17.
Sanctus	Holy, Holy, Holy...	Isaiah 6:3; Matthew 21:9; Revelation 4:8.
The Liturgy of the Eucharist	Take this, all of you, and eat of it...	Isaiah 52:13-53. Matthew 26:26-28; Mark 14:24; Luke 22:19-20; John 4:42; 1 Corinthians 11:25-26.
Doxology (hymn of praise)	Through him, with him, and in him...	Romans 11:36; Ephesians 3:20-21; 4:3; Revelation 4:11.
Lord's Prayer	Our Father, who art in heaven...	Matthew 6:9-13; Luke 11:2-4. Titus 2:13; Revelation 1:5-6.
Rite of Peace	Peace I leave you, my peace I give you... Let us offer each other the sign of peace...	John 14:27; 20:21. Romans 16:16; 1 Corinthians 16:20; 1 Thessalonians 5:26; 1 Peter 5:14.
Breaking of the Bread	Lamb of God, you take away the sin of the world...	John 1:29; 1 Corinthians 10:16-17; Revelation 5:11-12.
Mixing of the Sacred Host with the Precious Blood	May this mingling of the Body and Blood... (Commingling)	John 6:44-58.
Holy Communion	Behold the Lamb of God... I am not worthy...	John 1:29; Revelation 19:9. Matthew 8:8; Luke 7:6-7.
Concluding Rites	Final Blessings... May almighty God bless you... Dismissal... Go forth, the Mass is ended...	Psalm 113:1-3; 124:8. Luke 24:50-51; Mark 16:15; John 20:21; 1 Corinthians 10:31; 2 Corinthians 9:15; 1 Peter 4:11.

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