

# Liturgy Formation Pathway

## Step 1: Celebrating the Liturgy

### **Liturgy Reflection Guide for mystagogical reflection on the experience of liturgy**

The most effective formation for Christian life is participation in the celebration of the liturgy. In the liturgy, when celebrated well, Christ shapes us through word and sacrament, transforming us to be the Body of Christ in the world today. In the liturgy we are anointed, forgiven, healed and nourished, as time and again we return to 'put on Christ'.

Small groups who gather to reflect on the experience of the liturgy can deepen the formative power of liturgy. In our Catholic tradition we call this 'mystagogy'. This type of reflection develops our faith, deepens our participation in and appreciation of liturgy, and forms us as missionary disciples.

The following process is a guide to Mystagogical reflection. It can be expanded to include other steps according to the needs of the group, e.g. an additional step could be inserted after step 2 to consider the relevant Missal text including rubrics, and/or the relevant sections of the *General Instruction of the Roman Missal*.

1. Gathering and settling
2. Invitation to personal reflection on the element of the liturgy being reflected upon e.g. The Collect, the Eucharistic Prayer, The Sign of Peace ...

Participants are invited to recall their recent experience of this element of the liturgy and reflect on:

- 2.1. What happened? What did you see/hear/do?
- 2.2. What did you feel?
- 2.3. What meaning was revealed to you?
- 2.4. How is your encounter with Christ in this element changing you to live as a member of the Body of Christ every day?

Participants share their reflection via contemplative dialogue. This is not a back and forth conversation or debate. It is a deep listening to the wisdom of others, spiralling down to a deeper appreciation of the element of the liturgy that is the focus of the reflection.

PTO

### 3. Concluding reflection

Participants are invited to reflect on and share their response to the following questions.

- 3.1. How are you being invited to change the way you participate in this element of the liturgy and the liturgy as a whole?
- 3.2. How is your appreciation of liturgy, as an invitation to participate in the mystery of Christ, being deepened?

### 4. Concluding Blessing

### 5. Departure