I. The Sign of the Cross {Greeting}
"Mass starts with the sign of our redemption." [1] You are in the presence of God
II. [Psalm 42] Penitential Act
Pray - "Take away from us our iniquities, we beseech Thee, O Lord; that, being made pure in heart, we may be worthy to enter into the Holy of Holies. Amen." [2]
{The faithful say} - *I confess to almighty God, to blessed Mary ever Virgin, to blessed Michael the archangel, to blessed John the Baptist, to the holy apostles Peter and Paul, to all the saints, and to you my brothers (and to thee, father) that I have sinned exceedingly in thought, word, and deed, through my fault, [strike breast] through my fault, [strike breast] through my most grievous fault [strike breast]. Therefore, I beseech blessed Mary ever Virgin, blessed Michael the archangel, blessed John the Baptist, the holy apostles Peter and Paul, all the saints, [and you my brothers (and thee father)] to pray for me to the Lord our God. Amen.*
"We strike our breast because that is where our sinful heart is located and it deserves to be broken so God may make us clean and new." [3]
III. [Introit] The Kyrie Eleison The faithful repeats after the priest.
Think - "We're like the crippled blind men sitting on the side of the road **crying out to Jesus** as described in Matthew 20:31."
IV. The Gloria in Excelsis – The faithful say *Glory be to God on high. And on earth peace to men of good will. We praise Thee. We bless Thee We adore Thee. We glorify Thee. We give Thee thanks for Thy great glory. Lord God, heavenly King, God the Father Almighty. Lord Jesus Christ, Only-begotten Son, Lord God, Lamb of God, Son of the Father. Thou Who takest away the sins of the world, receive our prayer. Thou Who sitest at the right hand of the Father, have mercy on us. For Thou alone art holy. Thou alone, O Jesus Christ, art most high. With the Holy Ghost, & in the glory of God the Father. Amen*
Think - The creator of the universe, who has every hair on our heads counted, loves us with an unfathomable depth. He has suffered as we suffer, and He has wept as we weep. Our God knows what it is like to be us and wants to take away our sins and to forgive us.
V. The Collects {1st Reading, Responsorial Psalm} Epistle, [Gradual], Gospel, Homily
Think - We are people of the Good News. Our God proved His love for us through His suffering on the cross and conquering of death. Have a heart filled with joy as you hear the readings and the Gospel. The way of trust and love is truly Good News.
VI. The Credo - The faithful say - *I believe in one God, the Father Almighty Maker of heaven and earth, and of all things visible and invisible. and in one Lord Jesus Christ, the Only-begotten Son of God. Born of the Father before all ages. God of God. Light of Light, true God of true God. Begotten, not made: consubstantial with the Father; by Whom all things were made Who for us men, and for our salvation, came down from heaven.* kneel *And was incarnate by the Holy Ghost of the Virgin Mary: and was made man* stand *as crucified also for us, suffered under Pontius Pilate, and was buried. And on the third day He rose again according to the Scriptures. And He ascended into heaven, and sitteth at the right hand of the Father. And He shall come again with glory to judge the living and the dead: of Whose kingdom there shall be no end. And in the Holy Ghost, the Lord and Giver of Life: Who proceedeth from the Father and the Son. Who together with the Father and the Son is adored and glorified: Who spoke through the Prophets. And in One, Holy, Catholic and Who proceedeth from the Father and the Son. Who together with the Father and the Son is adored and glorified: Who spoke through the Prophets. And in One, Holy, Catholic and Apostolic Church. I confess one Baptism for the remission of sins. And I look for the resurrection of the dead, and the life of the world to come. Amen.*
Think - Do you believe the Creed? Then be joyful, have hope, trust, and don't worry so much.
VII. {Prayer of the Faithful}, Offertory Verse, Offering the Host & Chalice, Lavabo, The Orate Fratres
Think - In the ancient Church, this short antiphon was chanted while the Faithful walked up to the sanctuary with their offerings of bread, wine, or other gifts for the Mass.
{The Faithful say} *May the Lord accept the Sacrifice from thy hands, to the praise and glory of His Name, for our benefit and for that of all His holy Church.*
Think - During the offering of the host, Christ unites our petitions to the offering of Himself to the Father.[4] The mixing of wine and a little water together expresses the incarnation. This is because the wine signifies Christ's divinity while the water signifies our humanity. [5]
VIII. The Sanctus
The Faithful say. *Holy, holy, holy, Lord God of Hosts. Heaven and earth are full of Thy Glory. Hosanna in the highest. Blessed is He Who cometh in the Name of the Lord. Hosanna in the highest.*
Think - The Sanctus combines the words of the seraphim from Isaiah 6:3 and the exclamations of the Jews in Jerusalem as Christ entered the city from Matthew 21:9.
THE CANON OF THE MASS {Eucharistic Prater II, III, IV}
Think - The Canon of the Mass is the rule that must be followed to offer up the unbloody sacrifice and consecrate bread and wine into the body and blood of Jesus Christ. This is the most solemn, silent, and mysterious part of the Mass.
IX. The Consecrations and Elevation
Think - Analogous to the Apostles at the Last Supper, the faithful are together.
Consecration of the Bread. The words of consecration and the elevation of the Consecrated Host and Chalice is a **re-presentation of the crucifixion** of Jesus.
Consecration of the Wine. The **double consecration** of bread and wine into the Body and Blood represents the death of Christ by the **separation of His Body and Blood**.
X. The Prayers after the Consecration/{Mysterium Fide}
{The Faithful say 1 of 3 prayers. Only 1 is here} *Save us Savior of the world, for by your Cross and Resurrection, you have set us free.*
Think - The priest takes the Host in his right hand and the Chalice in his left, elevates them slightly and repeats the words of St. Paul from Romans 11:36.
XII. The Pater Noster
{The Faithful say} *Our Father, Who art in heaven, hallowed be Thy Name; Thy kingdom come; Thy will be done on earth as it is in heaven. Give us this day our daily bread; and forgive us our trespasses, as we forgive those who trespass against us. And lead us not into temptation. But deliver us from evil. For the kingdom the power and the glory are yours now and forever.*

Reverent Catholic Mass

Guide to the Novus Ordo & Traditional Latin Mass

The responses are from the TLM and are similar but not the exact same translation used in the Novus Ordo.

[Brackets mean TLM Only]
{Braces mean Novus Ordo Only}

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XIII. Prayer of Peace
{The Faithful say to each other reverently}
Peace of Christ.
IX. Agnus Dei
The Faithful say: {Ordinary Form}
Lamb of God, Who takest away the sins of the world, have mercy on us.
Lamb of God, Who takest away the sins of the world, have mercy on us.
Lamb of God, Who takest away the sins of the world, grant us peace.
XV. Prayers at Communion
The Faithful say - *Lord, I am not worthy that Thou shouldst enter under my roof; but only say the word, and my soul shall be healed.*
Think - "Men may *hunger* for God, but God *thirsts* for men…He had already expressed it in the parable of the Lost Sheep, when He said He was not satisfied with the ninety-nine; only the lost sheep could give Him perfect joy…He comes to us, so that we cease to be men and begin to be children of God" [6]
XVI. The Communion of the Priest and Faithful
The priest and faithful receive our Lord in Holy Communion.
XVII. The Ablution Prayers, Communion Antiphon, & Post Communion
Think - We thank God that we received Christ physically hoping He **receives us divinely**.[7]
XVIII. Ite Missa Est, The Final Blessing, [The Last Gospel]
Ite Missa est means "Go, it is the dismissal."

After Mass: It is encouraged that you pray a prayer of thanksgiving for the opportunity to be close to our Lord in the Holy Eucharist and for His grace to help you through the week.
Additional Customary Prayers for After Mass:
Saint Michael Prayer:
Saint Michael the Archangel, defend us in battle. Be our protection against the wickedness and snares of the devil. May God rebuke him we humbly pray; and do Thou, O Prince of the Heavenly Host, by the Power of God, cast into hell Satan and all the evil spirits, who prowl through the world seeking the ruin of souls. Amen.
Hail Mary 3 Times:
Hail Mary, full of grace. Our Lord is with thee. Blessed art thou among women, and blessed is the fruit of thy womb, Jesus. Holy Mary, Mother of God, pray for us sinners, now and at the hour of our death. Amen.
References:

[1] Hahn, S. (2018). Signs of life: 20 Catholic customs and their Biblical roots. New York: Image. [P. 29]
[2] Lasance, F. X., Walsh, F. A., & Kelly, W. R. (1993). The new Roman missal in Latin and English. Palmdale, CA: Christian Book Club of America. [P.759]
[3] Juergens, S. P. (2004). The Roman Catholic Daily Missal, 1962: With kyriale in Gregorian notation. Kansas City, MO: Angelus Press. [P. 843]
[4] Jueugens [P. 859]
[5] Lasance [P. 82]
[6] Sheen, Fulton J. *Calvary and the Mass*. Coalition in Support of Ecclesia Dei, Ltd., 1996. [P. 43]
[7]] Jueugens [P. 915]