



There are moments in the Christian life that go unnoticed... not because they lack importance, but because we have not learned to see them with the eyes of faith. One of these is the **Preface of the Mass**.

Many hear it as just another introduction. But in reality, it is an **open door to Heaven**.

Today we are going to pause there. Not superficially, but with theological depth, spiritual meaning, and practical implications for your life. Because understanding the Preface... can change the way you live the Mass forever.

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## What is the Preface? Much more than a simple introduction

The Preface is the prayer proclaimed by the priest just before the **Sanctus**. It is an essential part of the **Eucharistic Prayer**, and its function is not to “fill space,” but to **raise the soul of the entire Church to God**.

Its structure is profoundly rich:

- **Opening dialogue:**  
“The Lord be with you... Lift up your hearts... Let us give thanks to the Lord our God...”
- **Thanksgiving:**  
The reasons why we give thanks are expressed (Christ, Redemption, the mystery of the day...).
- **Union with Heaven:**  
“And so, with the Angels and Saints...”

This is not just any text. It is a **living liturgical action**, in which the Church **enters into communion with all creation, visible and invisible**.

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## “How many are at Mass?” — A question that shatters



## assumptions

Let me ask you the same question:

### How many are at Mass?

If you answer “those present in the church,” you are only scratching the surface.

The true answer is astonishing:

- ☐ **All humanity.**
- ☐ **All creation.**
- ☐ **Heaven itself.**

This is not poetry. It is theology.

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## “The Lord be with you”: a universal dimension

When the priest says:

### “The Lord be with you”

He is not addressing only those present.

In the Church’s liturgical logic, that “you” has a **universal scope**. Because the Mass is not a private act: it is the sacrifice of Jesus Christ offered **for all and on behalf of all**.

As Scripture teaches:

“God desires all men to be saved and to come to the knowledge of the truth” (1 Timothy 2:4)

At every Mass, even if only a few people are physically present, **the intention embraces all humanity**.



## “Lift up your hearts”: a real ascent, not symbolic

Here something extraordinary happens.

When we respond:

### “We lift them up to the Lord”

We are not stating a poetic metaphor. We are affirming a spiritual reality:

- Our hearts are lifted to Heaven.
- We unite ourselves to the heavenly liturgy.
- We enter the “Holy of Holies.”

This connects with the vision of Revelation:

| *“Behold, a door standing open in heaven...” (Revelation 4:1)*

The Mass **opens that door**. And the Preface is the threshold.

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## “Let us give thanks to the Lord our God”: the Eucharist at the center

The word “Eucharist” literally means **thanksgiving**.

In the Preface, it is made explicit **why we give thanks**:

- For the Incarnation
- For Redemption
- For the victory over sin and death
- For the specific mystery of the liturgical day (Christmas, Easter, saints...)



This educates the soul. It teaches us to live in a spirit of gratitude.

As Saint Paul says:

“Give thanks in all circumstances” (1 Thessalonians 5:18)

The Preface does not merely describe thanksgiving... **it draws us into it.**

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## “And so, with the Angels...”: the liturgy of Heaven invades the earth

Here the most astonishing mystery is revealed:

**We are not alone.**

When the priest proclaims:

**“And so, with Angels and Archangels...”**

- He is calling upon the entire heavenly court.
- He is uniting earthly liturgy with heavenly liturgy.
- He is making present eternal worship.

This is not a literary device. It is a theological reality deeply rooted in Tradition.

The Letter to the Hebrews expresses it this way:

“You have come to Mount Zion... to innumerable angels in festal gathering” (Hebrews 12:22)

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## The great truth: even if the church is empty... it is full

Here is the key that changes everything:

- ☐ Even if few are present...
- ☐ Even if there is no atmosphere...
- ☐ Even if you are distracted...

### The Mass is never empty.

Because within it are:

- **All humanity** (the living and the dead)
- **All the souls in Heaven**
- **All the angels**

And above all:

- ☐ **Christ Himself, offering His sacrifice on the Cross in an unbloody manner**

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## Theological development: the Preface as participation in the cosmic sacrifice

From a theological perspective, the Preface has a **cosmic and eschatological dimension**:

1. **Cosmic:**  
All creation is summoned to give glory to God (cf. Psalm 148).
2. **Christological:**  
All things are recapitulated in Christ (cf. Ephesians 1:10).
3. **Ecclesial:**  
The Church acts as mediator, uniting heaven and earth.
4. **Eschatological:**  
The Mass anticipates the eternal liturgy of Heaven.

The Preface is therefore a moment when time opens... and touches eternity.



## Practical application: how to live the Preface today

This is where everything becomes concrete in your life.

### 1. Do not respond mechanically

Each dialogue of the Preface is a **profession of faith**.

### 2. Truly lift up your heart

Make an interior act:

□ “Lord, I leave my worries behind and rise to You”

### 3. Listen to the reasons for thanksgiving

Each liturgical day carries a specific message.

### 4. Be aware of communion with Heaven

You are not alone. Never.

### 5. Live the Sanctus as an explosion of adoration

It is the song of the angels... on your lips.

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## Conclusion: the Preface is a door... will you walk through it?

The problem is not that the Mass is poor.

The problem is that **we do not see its greatness**.

The Preface is telling you:

□ “Rise.”



## Did You Think You Were Alone at Mass? The Preface Reveals a Supernatural Reality That Will Leave You Speechless | 7

□ “Look higher.”

□ “Do not remain in the visible.”

Because at that moment, Heaven opens... and you are invited in.

The next time you hear:

**“Lift up your hearts”**

Remember:

It is not a liturgical phrase.

It is a **call to enter into the mystery of God.**

And there... you are no longer alone. You never were.