

# HOW TO PERSONALLY EXPERIENCE THE DIVINE LITURGY

**Being a participant, not a spectator, will make the experience of Divine Liturgy personal and meaningful.**

## **Engage in the conversation of Liturgy.**

*The Liturgy is sprinkled with face-to-face conversations between the priest or deacon and the people. When you hear, for example, "Let us pray to the Lord!" respond in your heart (or better, aloud) "Lord Have Mercy!"*

## **Sing the Liturgy.**

*Singing is not only for the choir and chanters. The most direct and effortless way for laity to get a sense of being in the Church is to sing the Liturgy from right where you are in the pews.*

## **Use your body to worship.**

*The Liturgy calls us to use our bodies in a sacramental way, eliciting a different kind of participation, Thus we literally stand aright, make the sign of the Cross, bow our heads, lift up our hearts, etc. when called to do so.*

## **Listen attentively.**

*The Liturgy gives us definite guidance and instruction, not only to listen but to pay attention: "Let us attend!"*

## **Draw near.**

*The life-giving Body and Blood of Jesus in the Sacrament of Holy Communion is the very thing that makes us "Church" and unites us to one another. Preparing our selves through fasting, confession and regular attendance at Liturgy to receive them is the best way to make the Divine Liturgy a meaningful experience.*

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For more, read *The Melody of Prayer: How to Personally Experience the Divine Liturgy* by Stanley S. Harakas (Light and Life, Minneapolis: 1979).