The probability mass function of a random variable. The probability mass function (also known as the PMF or the mass) of a random variable $X$ just gives the probabilities that $X$ takes on the values $x$ all across the real line. In other words, for each real $x$, the mass gives the probability $X = x$. So we define $p_X(x) = P(X = x)$.

The cumulative distribution function of a random variable. The cumulative distribution function (also called the CDF) accumulates the probability for a random variable, sweeping from the left up to the present value. I.e., the CDF gives the probability that $X$ is less than or equal to $x$, for real values $x$. In other words, we define the CDF to be $F_X(x) = P(X \leq x)$.

For comparison: the mass is

$$p_X(x) = P(X = x)$$

The CDF is

$$F_X(x) = P(X \leq x)$$