MASS

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JOURNAL

SERVICE

FAITH
Section 1: Mass Reflections  
o complete 1 each month

Section 2: Service Reflections  
o complete 1 for each service project

Section 3: Faith Reflections  
o complete as assigned by your Catechist
Mass Reflection

What Mass have you decided to write a reflection on for this month?

Date: ____________________  Time: ____________________  Parish: ___________________

What Sunday in the Liturgical Year? ____________________________________________________________

What do you remember about Mass that day? Explain anything that caught your heart about your Mass experience.
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Service Reflection

Date of Service: _________________________________________________________________

Type of Corporal Work of Mercy: Circle one or more
feed the hungry               give drink to the thirsty
clothe the naked              shelter the homeless
visit the sick                visit the imprisoned
bury the dead

What did I specifically do?
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What did I learn?
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Lesson 1: Called by the Holy Spirit

In My Own Words: What challenges or discouragement have you experienced? Reflect on one of these experiences. Write about ways that faith in God may have helped you during this time.
Lesson 2: Accepting God’s Call

In My Own Words: Jesus often told parables - stories set in everyday life - to challenge people to follow him. In the Parable of the Good Samaritan, Jesus asks us to consider carefully who our neighbors are.

If you rewrote this parable to reflect your life today, how would you change the story? Who would be the man who needs help? Who would be ignoring him? Who would be the Samaritan?
Lesson 3: Building a Friendship with God

In My Own Words: Saint Paul tells us, “If God is for us, who can be against us? He who did not spare his own Son but handed him over for us all, how will he not also give us everything else along with him?” Write a paragraph reflecting on this question: What does having God’s faithful love mean to you?

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In My Own Words: Symbols are visible things that reveal invisible truths. Has a symbol ever helped you understand something you didn’t understand before? Maybe a gift that someone gave you or an action someone did for you represented that person’s care for you. Maybe you saw an image or an object that helped you understand something important. Write a paragraph about a symbol you have experienced and what you learned from it.

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Lesson 5: Receiving the Gifts of the Holy Spirit

In My Own Words: In your life, when have you made a good decision because you were able to consider Jesus’ teaching before choosing? Reflect on how you arrived at the good decision and your thoughts and feelings along the way.

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Lesson 6: Experiencing God’s Love in the Church

In My Own Words: To help you understand the beliefs within the questions you will be asked as you renew your baptismal promises, put the questions into your own words.

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Lesson 7: Celebrating the Sacrament of Confirmation

In My Own Words: How do you feel about committing to your faith in public? Brainstorm a list of words that you might use to express your thoughts and emotions about what you are going to do in the Sacrament of Confirmation.

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Lesson 8: Making a Difference as Disciples

In My Own Words: Imagine you are watching a video of one normal day in your life. Review your activities, one by one, from the time you get up until you go to bed. Keep in mind the model for discipleship that Mary gives us: saying yes to God’s will, even when it is challenging. At each point in your day, ask yourself: What do I need to do to have my thoughts, words, and actions measure up to Mary’s example? Write down several steps you can take.

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