Bringing the Mass into Our Lives, and Our Lives into the Mass

The role and effect the liturgy has on the other six days of our week is sadly not apparent to everyone. Yet, the Constitution on the Sacred Liturgy instructs that the liturgy “is the summit toward which the activity of the Church is directed; at the same time it is the fount from which all the Church’s power flows” (10). In order to bring out this dynamic, some explicit connections will need to be made to the liturgy at home throughout the week.

In order to approach Mass as the summit, or high point, of our week, we need to purposefully prepare. This might involve reading Scripture during the week, proactively scheduling when we will attend Mass, or purposefully naming the prayers we wish to bring to the altar. In order to engage the Mass as the font, or source, of our activity and prayer, we need to continually recall the experience of Mass and its fruits throughout the week. Try to find an image to remind you of last Sunday’s Mass, sing a song from it during the week, pray for the sick men and women listed in the bulletin, or try to find the love and new life that comes from the Eucharist.

REFLECTION QUESTIONS

▶ What are some of the ways you follow up from an event, meeting, or appointment? Could these follow-up efforts be applied to following up on the Mass?
▶ What would best help your child to carry the message or grace received in the Mass throughout the following week?

ACTIVITY

Most of the important events in our lives require some intentional preparation on our part. Take some time this week to reflect on how your family prepares for Mass, both during the week and on Sundays. How do your family’s habits help or hinder its members’ participation at Mass and their ability to enter fully and consciously into the liturgy? Make a deliberate effort in the coming weeks to foster the habits that prepare your family for positive behavior and participation during Mass, and to avoid or work around the habits that distract or challenge your participation during Mass.