

Family Reflection on Sunday Mass

What did I see at Mass this week?

- + Think of the colors, decorations, and artwork used at Mass this week.
- + Think of all the actions at Mass.
- + What did you see and do this week to worship God?

What did I hear at Mass this week?

- + Think of the songs you sang.
- + Think of the Scripture readings, especially the Gospel.
- + Think of the Message of the Homily.
- + What is God telling you this week at Mass?

How did I Pray at Mass this week?

- + Think of the prayer petitions this week and who we prayed for.
- + How can you keep these intentions in prayer all week?

Think of the Eucharistic Prayers & the reception of Holy Communion?

- + How did you experience Jesus today at Mass?
- + What were you thinking as you received a blessing or received Communion from the Eucharistic Ministers?

How will I live this week?

- + How can you live the Mass all week at home, at work or at school and in the community?
- + What is one thing you are going to do this week? Be specific!