

A Powerful Sunday Experience

Ideas to strengthen your experience at Mass

Check-In

How powerful is your current experience at Mass (please rate): 1 2 3 4 5 6 7 8 9 10

Game Plan

Choose one exercise from each category (or come up with an activity of your own!) and write it in the space provided.

Preparation (Before Mass):

- Read the Sunday Gospel before Mass.
- Pray: “God, show me one way in this Mass I can be the-best-version-of-myself.”
- Write down the names of three people to pray for during Mass.
- Leave your house early to make it easy to be seated.

Before Mass, I will _____.

Participation (During Mass):

- Listen for key words in the readings, the hymns, the prayers, and the homily. Write these words in a journal to reflect on later.
- Encourage others to be patient as your parish figures things out. Remember to focus on progress, and not perfection.

During Mass, I will _____.

Reflection (After Mass):

- Sit in the classroom of silence with God for at least ten minutes immediately after Mass, and reflect on your experience.
- Invest time to reflect as a family. Talk about the readings and the homily. Share your reflections either after Mass, or perhaps around the dinner table. Some questions you could ask are: “What message did you receive in Mass today?” and “ Why do you think God wanted you to hear that message this week?”

After Mass, I will _____.

Loving Father, sometimes I struggle to feel close to you because the experience at Mass is so different right now. Please help me overcome this difference, so I can grow closer to you and become the person you’ve created me to be, starting right here in this Mass. Help me to have a powerful experience with you today. Amen.