

Living the Mass All Week



Reflect on these questions each week after Mass

❖ ***What did I see this week at Mass?***

- Think of the colors, decorations, and artwork used at Mass this week. How do the colors and decorations help you to experience the season of the Church year?
- Think of all the actions at Mass this week. What did you see and do this week to worship God?

❖ ***What did I hear this week at Mass?***

- Think of the songs you sang this week. What was the mood of the music this week? What message in the music stood out?
- Think of the Scripture readings this week—First Reading, Psalm, Second Reading and Gospel. What message in the Scriptures stood out for you this week? What do you want to keep in mind and/or share with others this week?
- Think of the homily this week. What do you want to keep in mind and /or share with others this week?
- What is God telling you this week at Mass?

❖ ***How did I pray this week?***

- Think of the prayer petitions this week. For whom did we pray and how can you keep these intentions in prayer all week?
- Think of the Eucharistic Prayer and receiving Holy Communion. How did you experience Jesus today? How did receiving Jesus' body and blood nourish you? How did you give thanks and praise to God?

❖ ***How will I live this week?***

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



Serving Christ
by Serving Others

Jesus Speaks

I have given you special gifts:

*In your mind I have given you the ability to understand
the needs of the suffering.*

*In your hands I have given you the strength to meet
these needs by touching, soothing and comforting the sick.*

*In your eyes I have given you My sight that you may
recognize when one of my people needs to talk, needs a hug,
or just needs a shoulder to lean on.*

*In your speech I give you My words to comfort the ill, give
courage to the fearful and encouragement to the one who
otherwise would give up.*

*In your heart I have given you the full measure of My
love that you may freely show how much I love My
people and care for them in times of their distress.*

*In your whole being I give you the energy, desire and
unfailing courage to open up yourselves to Me that
I may heal My loved ones through you.*

*Go forward, unafraid and confident in the knowledge that
I will always be with you, for with Me,
all things are possible.*

*I love you and I need you to
share my love and healing with My people.*