

My Mass Journal

Name: _____



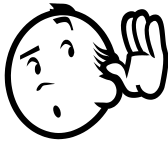
What did I see this week at Mass?

- What colors and decorations were used?
- How did the colors and decorations help you to experience the season of the Church year?
- Were there actions that were different or actions that you noticed more this week?
- How did the actions help you to worship?



What did I see this week at Mass?

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What did I hear this week at Mass?

- Think of the songs you sang this week. What was the mood of the music?
- What message in the music stood out?
- Think of the Scripture readings this week. What stood out in the First Reading? The Psalm? The Second Reading? The Gospel?
- Think of the homily this week. What do you want to keep in mind and/or share with others this week?



What did I hear this week at Mass?

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How did I pray this week?

- Think of the prayers of petitions. 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 you give thanks and praise to God?



How did I pray this week?

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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 the one thing you are going to do this week? Be specific!



How will I Live this week?

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