

# HOW TO PRAY THE TV MASS FROM HOME

*Creating a sacred space to reverently watch the mass in your home*

Create a prayer altar under your TV or streaming device. Consider setting a crucifix or other sacred art in the prayer space.

Open your bible to the gospel of the day and place it on your "home altar" to remind you that the Word of God is among you.

Light a candle to symbolize the beautiful light that shines in the darkness and to help your home resemble the Church.

Set up chairs like a pew to help you engage in the mass and keep you from passively watching from the couch.

Get dressed as you normally would when attending mass. Keeping this routine is especially helpful for children.

If you have holy water at home, bless yourself and your family before you begin the mass.

Take a few moments of silence to transition from the busyness of your home to the sacredness of the mass.

Fully participate by standing, kneeling, sitting and responding according to the rubrics of the mass.

Engage in community by having coffee and breakfast with your family after mass or by calling your loved ones to connect.



Catholic Diocese  
of Sioux Falls



*Contact the Office of Marriage, Family & Respect Life  
for more family resources:*

*605-988-3776 [respectlifessfcatholic.org](http://respectlifessfcatholic.org)*