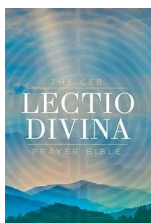


ST. PIUS X FAITH FORMATION

MASS REFLECTION SHEET

Faith Formation students in Levels 4-8 are required to complete one Mass Reflection sheet per month when classes are in session. Mass Reflection sheets are to be turned in to your catechist. You may reflect on a Mass that you attended or one that you prayed along with virtually. St. Pius X posts the Sunday Mass on the parish website <https://www.stpiusxrc.com/> and sends the link to Faith Formation families. Many virtual Masses can also be found at <http://catholictv.org/masses>

Read the Lectio Divina guide below to assist in preparing your Mass Reflection Sheet.



LECTIO DIVINA – Praying with the Gospel

Lectio Divina is Latin for “divine reading” and is a very simple and very powerful way to immerse oneself in the Word of God. It consists of four steps:

1. **READ** (Lectio) – Begin by finding the passage in the parish bulletin or missal when available. Before you begin, ask the Holy Spirit, the author of Sacred Scripture, to come open your heart and to guide your mind. As the Gospel begins, listen closely as you read along. When finished, re-read the Gospel and take notice of any words that stand out to you as you read.
2. **THINK/MEDITATE** (Meditation) – Allow yourself to enter into the Gospel. Use your imagination to bring the scene to life – perhaps you are one of the disciples or someone in the crowd. What would you feel, think and do as a response to the events?
3. **PRAY** (Oratio) – At this point, you move from the head and go to the heart. In this step, you turn over everything you thought about during the Gospel to God in prayer. Ask why the words stuck out and why the passage unfolded like it did. How will you bring Christ to the world today?
4. **REST** (Comtemplatio) – Essentially, it’s time to take it all in. Rest in what God has spoken to you in His Word. Simply sit and be with the God who loves you.

NOW USE THE BACK OF THIS PAPER TO CREATE YOUR MASS REFLECTION.

