

# A Powerful Sunday Experience

*Ideas to strengthen your experience at home*

## 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):

- Invite a friend or family member to watch the livestream with you or at the same time as you.
- Read the Sunday Gospel before starting the livestream.
- Create a separate area in the home to watch Mass where the family can transition from the bustle of family life. You may want to have a candle, a crucifix, etc.
- Pray. Ask God to help you get the most out of this Mass, to hear His voice, and to deeply grow through your participation.

Before Mass, I will \_\_\_\_\_.

### Participation (During Mass):

- Use a prayer journal during the readings and homily.
- Leave your phone in another room to limit distractions.
- Watch the Mass as a family. Join in the prayers and hymns as you would if you were at church. Some parishes post the hymns and prayers in advance. You may want to print those out so you can participate from afar.

During Mass, I will \_\_\_\_\_.

### Reflection (After Mass):

- Sit in the classroom of silence with God for at least ten minutes immediately after the livestream, and reflect on your experience.
- Take time to reflect as a family. Talk about the readings and the homily. Share your reflections with each other either after Mass, or perhaps around the dinner table. Sample questions: "What message did you take away from Mass today? Why do you think God wanted you to hear that reading 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.