

## MASS REFLECTION #1

DATE: \_\_\_\_\_

### PRE-MASS REFLECTION:

1. What are the 2-3 things that are dominating your attention and thoughts today? What can you ask of God in the Liturgy to address these things?
2. The Mass is an opportunity to receive forgiveness of venial sins. Are there people who you have hurt in some way by your words, actions, or failure to act?
3. The word eucharist means "thanksgiving." What are you most thankful for today?

### POST-MASS REFLECTION

1. What experiences during the Mass did you find relevant to your current situation and life?
2. Reflections on the Liturgy of the Word: What word or phrase jumped out at you in today's reading?
3. The name Mass comes from the Latin missa, which means to "go forth" and is taken from the final words of the concluding rite. What are the greatest needs that you see in your everyday life? Empowered with the love of God in the Eucharist, what will you do to help meet those needs?

## MASS REFLECTION #2

DATE: \_\_\_\_\_

### BEFORE MASS REFLECTION:

1. Has God been at work in your daily life? What evidence is there that God is communicating with you daily? How do you expect this communication to continue during the Liturgy?
2. The Mass is an opportunity to receive forgiveness of venial sins. What personal weaknesses can God take over for you today?
3. The word eucharist means "thanksgiving." As a celebration of thanksgiving, what has God done for you in your lifetime that you can thank him for today?

### POST-MASS REFLECTION:

1. What was the holiest experience you had during Mass?
2. Reflections on the Liturgy of the Word: What did this reading remind you of in your life at this particular moment?
3. The name Mass comes from the Latin *missa*, which means to "go forth" and is taken from the final words of the concluding rite. What are the greatest needs that you see in your everyday life? Empowered with the love of God in the Eucharist, what will you do to help meet those needs?