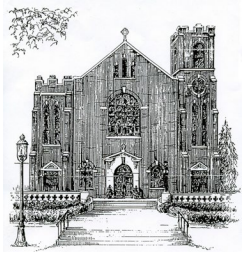
Church of St. Mary Sunday Mass Reflection Sheet



First & Last Name:

Grade & Catechist/Teacher:

Name of Parish:

Date & Mass Time: Liturgical Season:

What was in your heart (a positive or a need) that you brought to prayer at Mass? (Mass Intention)

Gospel Citation (Book, Chapter, & Verses):
What was the Gospel about or what passage was proclaimed?

Share an example from the homily that helped explain the Scriptures or a teaching that stood out to you:

How did the homily help you think about how you can grow as a disciple/live out the faith?

What is something that you were thankful for that you prayed about after receiving the Eucharist?

After joining the Church in prayer at Mass, how will you live out the Gospel message this coming week when you are with your family, with friends, at school, or the larger community? What will you do, with the help of the Holy Spirit, to share kindness with someone else?