

Family Faith

Chapter 24

The Mass: God with Us

We worship God and give him thanks at Mass.

Chapter Summary

God is all-good and all-loving. We go to Mass to give him honor, praise, and thanks for his many blessings. When we honor and praise God, we worship him. The Holy Mass is the highest form of worship. Worshipping God as a parish family pleases God, and, as Catholics, we are required to attend Mass every Sunday. The church is a sacred and holy place because Jesus is present in the Eucharist. Likewise, the objects used at Mass are sacred and holy. At Mass, we lift ourselves up to God and offer ourselves to him. We also make offerings to our parish to help support the Church.

More for Parents

Life gets busy quickly. If it's not work or school, it is the extracurricular activities or chores and errands. It does not take long to feel like we are consumed by these things, and before we know it, things that seem the least productive—even if they are the most important—can fall off our priority list. Sundays are a gift from God for us to recalibrate our week and make time for what matters most: remembering that we are not made only for work, but that we are made for Heaven. Our families are the main path God has made for us to help us share in God's love. How can we set aside our Sundays to make them truly holy and restful? How can we allow Sunday Mass to be the beginning of time set aside devoted to those we love?

Our Family Prays Together

Dear God, you are present with us in a special way at every Mass. Help us to learn about the Mass so that we can worship you and love you more. Amen.

Let's Talk about It as a Family

- **What do we call it when we honor and adore God?** (*Worship.*)
- **What day of the week are we required to go to Mass?** (*Sunday.*)
- **What do we call the part of the Mass when the bread and wine become the Body and Blood of Jesus?** (*The Consecration.*)
- **What is the gold plate that holds the bread that becomes the Body of Christ?** (*The paten.*)
- **What is the gold or silver cup that holds the wine that becomes the Blood of Christ?** (*The chalice.*)

Let's Live Our Faith

One special way we show our love for God and give him thanks at Mass is during the Offertory collection. The Offertory collection is when we offer some of our money. The money from the collection goes to help the Church and to help the poor. One way we show God our love is by sharing the money he has given us with others who need it.

- Discuss the importance and obligation of putting money in the collection basket at Mass.
- Before Sunday Mass, as a family gather spare change or coins you find, and on Sunday, let one of the children put the donation in the collection basket.

Family Faith Activities

Choose one or more of the following to do as a family:

- Plan something special with your family on a Sunday that helps you focus on God's gifts and blessings in your lives.
- Take your children to adore Christ in the Blessed Sacrament.
- On Saturday night, help your children to pick out their best clothes to wear to Mass on Sunday.

For more family faith formation resources go to www.wordoflifeseries.org/parents.

Small Wonders



The Toys search for Stern the Owl and come upon something they've never seen before.

Read the full Small Wonders story at www.wordoflifeseries.org/parents.