

# Family Faith

## Chapter 25

# What We Do at Mass

We show God our love through our actions at Mass.

### Chapter Summary

We go to Mass to worship and adore God. At Mass, we worship God with words and our bodies. Blessing ourselves with holy water, genuflecting or bowing before the tabernacle, kneeling, standing, and folding our hands to pray are all forms of showing respect and reverence to God. At Mass, Jesus is present in his Word and in the Holy Eucharist. During the Mass, we both remember and participate in all that God has done for us, especially his Death and Resurrection. God's story of love continues with each one of us as we love God and one another and live our lives in faith with hope for eternal life.

### More for Parents

Our bodies are necessary for us to communicate what we think and feel to those around us. Children understand this intuitively when they seek our reassurance and approval in terms of hugs, holding hands, and physical contact. Children insist, "Mom, Dad, look!" because they understand our body language says something about our attention and focus. Even though God knows what is in our hearts and minds, our bodies are still essential in order to show our love for him fully. At Mass, our bodies demonstrate to God and those around us our interior thoughts and dispositions toward God. Our attentiveness, our standing, sitting, kneeling, and even wearing our best clothes are all part of showing our attentiveness to God. How can you be deliberate about your body language communicating to your family and to God your focus, love, and attention?

### Our Family Prays Together

Dear God, you have given us the Mass as a perfect way to say "thank you" for all you have done for us. Help us to pray well at Mass as a way to show our love for you. Amen.

For more family faith formation resources go to [www.wordoflifeseries.org/parents](http://www.wordoflifeseries.org/parents).

### Let's Talk about It as a Family

- *Do we go to Mass to worship and thank God? (Yes.)*
- *When we show God special respect at Mass or when we pray, we call that being \_\_\_\_\_. (Reverent.)*
- *We genuflect toward the \_\_\_\_\_. (Tabernacle.)*
- *At Mass, we worship God with words and with our \_\_\_\_\_. (Bodies.)*
- *Jesus is present in the Mass in the Word of God that we read from the \_\_\_\_\_. (Bible.)*
- *Jesus is present in the Mass because his Body and Blood are present in the \_\_\_\_\_. (Eucharist.)*
- *We come to Mass to remember and take part in the story of God's \_\_\_\_\_. (Love.)*

### Let's Live Our Faith

When we go to Mass, Jesus gives himself to us, and we receive God's love. At the end of Mass, we are sent out to love God and share God's love with others. For each of the following, have your family give a specific example of how you can love God and others.

- Doing kind acts for other people.
- Loving God.
- Being patient.
- Helping the lonely and the poor.
- Being generous and sharing your things.

### Family Faith Activities

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

- Take your children to church outside of Mass. Teach them how to bless themselves with holy water, genuflect, and bow before the tabernacle. Before you leave, kneel to say a prayer.
- After Mass, remain in the pew and say a short prayer of thanksgiving as a family.
- Before Sunday Mass, read the Gospel to your children from a children's Bible so that they are familiar with the story.

# Small Wonders



Stern the Owl and Percy the Possum  
call a meeting to ask Blox to leave.

Read the full Small Wonders story at [www.wordoflifeseries.org/parents](http://www.wordoflifeseries.org/parents).