

YEAR 1 CONFIRMATION
MASS JOURNAL



*The Reality of
the Mass*

PART 1- SETTING THE STAGE

Before Mass Begins

If you're at home, it
doesn't mean you still can't pray this Mass
with your whole heart!
But take some time to make that happen.

- **Put your phone away, completely.** Off on silent and out of mind. Otherwise, you'll be tempted to use it during Mass.
- **Find a quiet space to pray this Mass.** It's important that you're able to pray authentically during this time.
- **Find some holy items** to have near your screen, like a cross, candle or picture of a saint.
- **Feel free to have a parent or family members pray this Mass with you.** Since you're still sheltering at home due to Covid, chances are your family needs to pray just as much as you do too.



PART 2- THE LITURGY OF THE WORD

How God is Speaking

Listen carefully to the readings.

Journal your responses to these questions:

The First Reading, from _____:

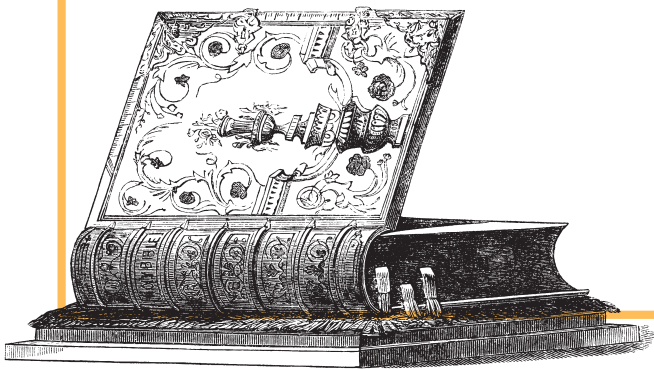
What words spoke to me, challenged me or comforted me?

The Responsorial Psalm _____:

What lines sung spoke to me, challenged me or comforted me?

The Second Reading, from _____:

What words spoke to me, challenged me or comforted me?



Listen carefully to the Gospel and homily.
Journal your responses to these questions:



The Gospel, According to _____

In what way does this story challenge, confuse, inspire or speak to you? Name at least 2 different ways.

The Homily by _____:

Write down at least 3 different "take-home" points you should remember from the homilist. How

PART 3- THE LITURGY OF THE EUCHARIST

How God is Feeding Me

As we move through the second half of Mass, we are called to focus our prayer in precise ways. Respond to the questions below as they come up in the Mass.

The Prayer of the Faithful

What is one prayer intention I have for this Mass?

The Offertory

What am I willing to sacrifice to God? Think of one specific action you can take in this week and give it to God.

The Sign of Peace

Name one person in the world that you know needs peace in their life right now.

Communion

What is one thing I want to tell God at this moment of Communion or Spiritual Communion?



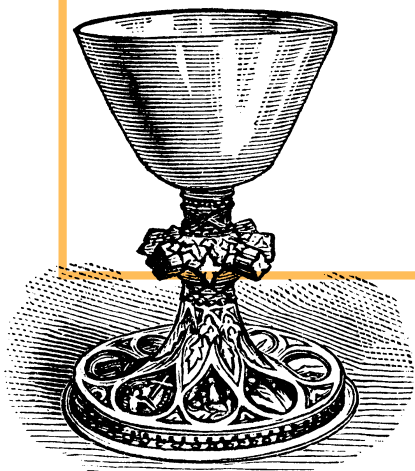
PART 4- FINAL REFLECTION AFTER THE MASS

How I want to Change

At the end of this Mass, share about your experience by responding to these questions:

After the blessing, the deacon dismisses the people. In fact, the dismissal gives the liturgy its name. The word "Mass" comes from the Latin word, "Missa." At one time, the people were dismissed with the words "Ite, missa est" (literally meaning "Go, she—meaning you, the Church—has been sent"). The word "Missa" is related to the word "missio," the root of the English word "mission." The liturgy does not simply come to an end. Those assembled are sent forth to bring the fruits of the Eucharist to the world.

What is one mission that God is calling you to do this week?



My Full
Name: