



Catholic Central Activity Guide

Episode 31: The Mass

Diving Deeper

- ▶ What parts of Mass do you feel most enriched by? Which parts of Mass do you struggle with the most? What's one part of the Mass you might try to pay closer attention to next time you go?
- ▶ What does it mean to you that the liturgy of the Mass as the Catholic Church celebrates it today was developed out of the traditions of the early Church over 2000 years ago?
- ▶ Have you ever had an experience at Mass that directly related to or impacted something that was going on in your life?

Go Forth

- ▶ Before going to Mass next time, check out the Daily Readings and spend at least 10 minutes reflecting on them in prayer. See what God might be inviting you to pay closer attention to in the readings, which words or phrases or themes stand out to you.
- ▶ Have images with text depicting the various parts of Mass printed on sheets of paper or index cards. Randomly shuffle them and distribute them to each person in your group or class. The group's goal is to place the cards in order. Have the participants look at their card, but don't let them show them to anyone else. Without using the words written on their card/sheet, they must describe their part of the Mass to their classmates to try to find their place in the order. Once they've all lined up and they believe they are in the correct order, they will reveal their cards and explain what part of the Mass their card depicts.



Resources

- ▶ [Bishop Robert Barron's "The Mass" series](#)
- ▶ [Busted Halo - "What's Happening In The Mass?"](#)
- ▶ [Life Teen "Mass Fitness"](#)
- ▶ [Mass Times \(for wherever you are in the world\)](#)

