

**SEALED. 1 Session 5 – THE MASS: Liturgy of the Eucharist (True Presence)**

**Teen Reflection:**

From the YouCat readings about the Eucharist, what was the most interesting answer you read and why? What is something new that you learned from the readings?

**Parent and Teen Reflection:**

Parents and teens, what are some of the things that encourage you, draw you to, or make you want to attend Mass? What are some obstacles and struggles you encounter that may keep you from attending Mass? Why do you think the Catholic Church, unlike many other Christian denominations, places such an emphasis on going to Mass? What is the most meaningful part of the Mass for you? Is there anything you might do as a family to continue growing in knowledge and understanding of the Mass and the Eucharist? How might this help you make the Mass a more central part of your lives both individually and as a family?

**Parent and Teen Reflection– Prayer Cross Activity**

See the next few pages for the reflection instructions/questions. Please have teens bring a copy of their completed prayer cross for our teaching Mass with Monsignor Barry on January 13<sup>th</sup>.

## Prayers

What is on your mind and heart?  
Where in your life do you want God's help, God's light, and God's strength?

What do you need for yourself and for others?

Be ready to bring these prayers to mind in the silence-for-prayer after the priest says, "Let us pray." All of these prayers are represented in the opening prayer. God wants to hear them.

## Works

How do you spend your waking hours? How do you put bread on your table? What do you do for a living?

What are your responsibilities at home, in your family, at school or in the workplace? What are your chores, hobbies, interests, volunteer activities?

Be ready to put these on the altar during the preparation of the gifts. God wants to bless them.

## Joys

What gives you joy, both joys with big "Js" and little "js"? What puts a smile on your face? Are you celebrating any victories, any events? What resources do you have (talents, advantages, good health, education, wealth, athletic ability, artistic ability)?

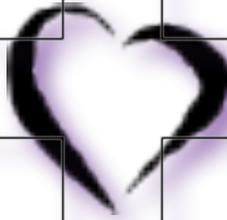
These are symbolized by the wine presented during the preparation of the gifts. God wants to consecrate them and to increase them and to rejoice with you in them.

## Sufferings

Where in your life do you feel powerless, hopeless? What are the deficiencies in your life? What are your chronic pains, disabilities? What are your worries and heartaches about yourself and others, about the world? What are your lonelinesses and disappointments?

These are symbolized by the unleavened bread presented during the preparation of the gifts. God wants to consecrate them and to diminish them and to give you courage.

**Please fill out your own personal reflections and responses based on the questions found on the page prior and bring to class on January 13<sup>th</sup>.**

<p>Prayers</p> <hr/> <hr/> <hr/> <hr/> <hr/> <hr/>		<p>Works</p> <hr/> <hr/> <hr/> <hr/> <hr/> <hr/>
		
<p>Joys</p> <hr/> <hr/> <hr/> <hr/> <hr/> <hr/>		<p>Sufferings</p> <hr/> <hr/> <hr/> <hr/> <hr/> <hr/>