

Catholic Parent – 1 – Our Sunday Obligation

In this episode, we explore our obligation as Catholics to attend Sunday Mass and why participating as a family is so important. [VIDEOS HERE](#)

NOTES:

Questions for group discussion or personal reflection

- What in this episode resonated with you as a Catholic parent?
- What was your experience attending Mass as a child?
- What is the typical Mass experience for your family?
- What struggles have you encountered taking your family to Mass?
- How would you explain to your own children why we need to go to Mass each Sunday?

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Take to Prayer

- Our weekly celebration of the Mass is “the foundation and confirmation of all Christian practice” (CCC 2181).
- Blessed Charles of Austria and Servant of God Zita: “Now we must help each other get to heaven!”
- “But Jesus called for them and said, ‘Let the little children come to me, and do not stop them; for it is to such as these that the kingdom of God belongs.’” (Luke 18:16)

Ideas for living it in your home

For every family

Our Sunday Mass experience has an even deeper impact on our lives when we celebrate Mass with a parish community we know and love.

- Evaluate your participation in your parish.
 - Do you know other families?
 - Do you attend social events?
 - Could you become more involved?

For families with young children

- Taking kids to Mass is tough, but they need to be there!
- Tell your children that the hour you spend together in Mass each week is the most important hour of your whole week, and make sure your words and behavior show them you believe that too.

For families with older children

- Make a habit of speaking with your older children about the Mass afterward.
- Don’t quiz them on the readings and homily, instead, review what you heard together and ask them what stood out to them.