

Name: _____



Blessed

Step 1: Watch “Listening to God” video.

Step 2: Find a notebook to make a Mass Journal or use this page as your Mass Journal this weekend.

Step 3: Together complete the prayer on the back.

My Mass Journal

God, please show me in this Mass how I can become a better version of myself this week.

Listen to the music. Listen to the readings. Listen to the Homily. Listen to the prayers and listen to your heart.

When you sense the one thing God is saying to you this week, write it down.

My Little Prayer Process

- 1 Thank God for whomever and whatever you are most grateful today. List what you are grateful for.

- 2 Think about today. Talk to God about the times when you were and were not the-best-version-of-yourself.

- 3 What do you think God is trying to say to you today? Talk to God about that.

- 4 Ask God to forgive you for anything you have done wrong and to fill your heart with peace.

- 5 Talk to God about some way he is inviting you to change and grow.

- 6 Pray for the other people in your life by asking God to guide them and watch over them. List those you are praying for.

- 7 Pray the Our Father.