

Notes from Parent Session #2
October 30, 2024

LECTIO DIVINA PRAYER *(To do at Home with the Family)*

Lectio divina is a traditional Christian practice of prayer and meditation that involves reading the bible, reflecting on it, and responding to it.

Look up the upcoming Sunday Gospel Passage [HERE](#)

PRAY a simple prayer to the Holy Spirit: “Speak, Lord, your servant is listening.”

READ the Gospel passage slowly. As you listen, ask in silence, “Lord, what are you saying to me in this passage?”

LISTEN for a word or phrase that calls your attention or touches your heart.

SHARE a brief story or experience of how the word or phrase connects to your life at this moment.

ASK in silence, “Lord what are you asking me to do?” Share what Jesus is inviting you to do.

NOTES about THE IMPORTANCE OF MASS - Matt Franklin (Guest Speaker)

Our weekly celebration of the Mass is “the foundation and confirmation of all Christian practice” - Catechism of the Catholic Church 2181

Mass is Thanksgiving

Luke 22:14-16

Knowing everything that the Lord has given us, Mass is an opportunity to come and say thank you.

Mass is Sacrament

Sacrament is an outward sign of inward grace.

At Mass, we get Jesus himself.

It is the closest we will get to the Lord this side of heaven.

Mass is the center of your Family Life

God sees your efforts as you strive for holiness.

Attending Mass shouldn't be just another thing you have to do.

Jesus is the foundation/center of our families; everything else will flow from putting Him first, making Him a priority.

We get to go to Mass, show our kids that it's a blessing not a burden!