



Sunday Mass Reflection for Kids (7-12 years old)

Before Mass



Gospel Preview:

- What is today's Gospel about?
 - ☐ A story about Jesus' life?
 - ☐ A parable (a story Jesus told to teach a lesson)?
 - ☐ Something Jesus did or said?
- What do you think Jesus wants us to learn from today's Gospel?
- Write down or draw a picture of what you think Jesus might be teaching us.

During Mass



Listening to the Readings:

- First Reading:
 - ☐ What did you hear? (Write a word or draw a picture of something you remember from the First Reading.)
- Responsorial Psalm:
 - ☐ Did you join in the response? What words did you repeat? (Write the words you remember.)
- Second Reading:
 - ☐ What is one thing you heard or remember from the Second Reading? (Write a word or draw a picture.)

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- **Gospel:**
 - ☐ What did Jesus say or do in today's Gospel? (Write or draw your favorite part.)
- **Homily Reflection:**
 - ▶ What did the priest talk about in the homily?
 - ☐ A lesson from the Gospel?
 - ☐ A story that helped explain the Gospel?
 - ☐ Something we should do this week?
 - ▶ What is one thing you learned from the homily?
 - ☐ Write down or draw a picture of what stood out to you.

After Mass

Discussion Questions:



- What was your favorite part of today's Mass?
 - ☐ The songs we sang?
 - ☐ The readings or Gospel?
 - ☐ Receiving a blessing or Communion?
- What can you do this week to live out what you learned at Mass?
 - ☐ Be kinder to your siblings or friends?
 - ☐ Pray more often?
 - ☐ Help someone in need?
- **Prayer Time:**
 - ▶ Thank Jesus for something special that happened at Mass today.
 - ☐ Write down your prayer of thanks or say it out loud.
 - ▶ Ask Jesus to help you with something this week.
 - ☐ Write down what you're asking for or say it out loud.

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Weekly Action Plan

- This week, I will...
 - Try to remember and practice what I learned from today's Gospel and homily.
 - Pray every day, asking Jesus to help me with what I need.
 - Help someone in my family or at school as a way to live out my faith.



Bonus Activity

- Saint of the Week:
 - Who is the saint we celebrate this week?
 - Write down or draw something about this saint.
 - How can you be more like this saint?