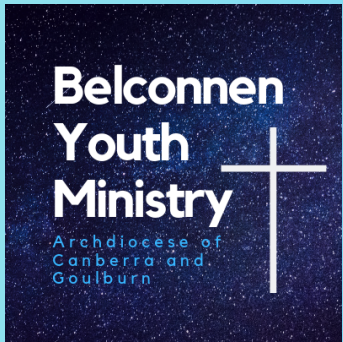


ST MATTHEW & ST VINCENT DE PAUL SOUTH BELCONNEN PARISH MASS REFLECTIONS FOR YOUTH



3rd Sunday of Easter - Year A (Sunday 26th April 2020)

Setting up a Prayer Space

Setting up a prayerful space at home is a great way to connect with Mass online and bring Jesus into your home.

What are some items that you can have in your family prayer space?



My Intentions

Before Mass starts, we should think about some of the things that we would like to pray for. Jesus loves to listen to our prayers and help us in our lives.

Write or draw in the space below some of the people or things that you want to hold close to your heart this week.



The Gospel

ON THE ROAD TO EMMAUS - LUKE 24:13-35

As you listen to the Gospel today reflect on what Fr Simon is saying. Try to write some of the words from the Gospel that stand out to you in the space below.



Let's Look at the Gospel

On the road below, write or draw some of the moments of your life.

What are some of the challenges you have faced? What are some of the positive moments? How has Jesus been present in your life so far? Has he walked alongside you in your road of life like he did on the road to Emmaus?



Spiritual Communion Prayer

We cannot come together to physically celebrate Mass. This means that we are unable to receive the Eucharist. However, you can read this prayer with your family as an act of Spiritual Communion after Fr Simon breaks the bread.

Jesus, I believe that you are truly present in the Blessed Sacrament.

I love you so much and I want to receive you through communion.

Since I cannot receive you through the sacrament at Mass at this time, I ask that you come spiritually into my heart.

Never let me be separated from you.

Amen

My Notes and Reflections



Image:
<https://i.pinimg.com/236x/2f/40/3e/2f403efd3502b4852a3e42a165b8c9fb--emmaus-walk-emmaus-road.jpg>

Weekly Challenge

Jesus walked a long way with his followers on the road to Emmaus. We challenge you to go walking outside with your family this week. Spend some time walking in silence and say a prayer to Jesus in your heart as you go.