

ST CHRISTOPHER'S PARISH

PRIMARY SCHOOL YOUTH MINISTRY

My Mass Reflection

MY INTENTIONS

lets prepare for the Mass. Jesus loves to be close to us and listen to our prayers. What would you like to pray for during this Mass? Write or draw in the space some of the people or things that you want to hold close to your heart this week.

THE GOSPEL - JOHN 14

God gave us the 10 commandments so we can show our love for Him. look at the list of the 10 commandments.

Draw a star next to the commandments you do really well and circle the commandments you think you need to work on

"If you love me you will keep my commandments"



1. Love God more than you love anything else
2. Don't make anything in your life more important than God
3. Always say God's name with love and respect
4. Honouring the Lord by resting on the 7th Day of the week (Sunday)
5. Love and respect your Mum and Dad
6. Don't hurt others by words or actions
7. Keeping your promises to others and God
8. Do not steal from others
9. Always tell the truth
10. Do not jealous of others

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Jesus says he'll give to those who believe in Him a helper. this is the HOLY SPIRIT!

Jesus knows we cannot keep His commandments alone and that we need help. The Holy Spirit will always be with you.

Write or draw the places you especially would like to invite the Holy Spirit, 'The Helper' to be in your life



A large, empty rectangular box with a teal border, intended for writing or drawing reflections.

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My Mass Reflection

SPIRITUAL COMMUNION

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



WEEKLY CHALLENGE

DO A SPECIAL TASK FOR SOMEONE THAT IS HARD TO DO SO (ONE OF THE COMMANDMENTS YOU CIRCLED)

BONUS: ASK THE HOLY SPIRIT TO HELP YOU!

