

## Episode 3: Holy Habits of Worship

"Mass is the most important thing we do and it  
requires our participation"

*Deacon Michael Parker*



### 1 Corinthians 10: 16-17

"The cup of blessing which we bless, is it not a participation in the blood of Christ? The bread which we break, is it not a participation in the body of Christ? Because there is one bread, we who are many are one body, for we all partake of the one bread."

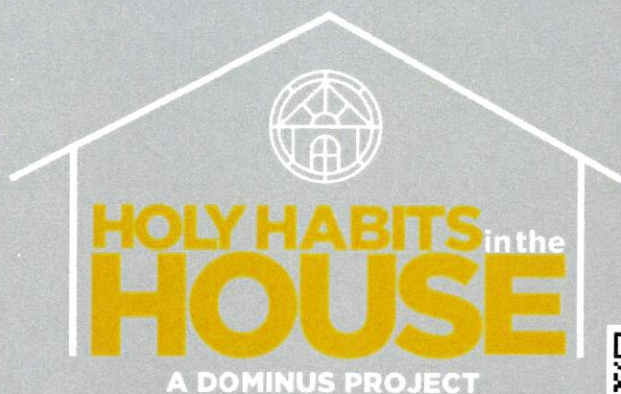
*Send this scripture verse to someone that has been on your heart.  
You can do this in person, through a text, or a quick call.*



### Catechism, no. 1324

"The other sacraments, and indeed all ecclesiastical ministries and works of the apostolate, are bound up with the Eucharist and are oriented toward it. For in the blessed Eucharist is contained the whole spiritual good of the Church, namely Christ himself, our Pasch."

*Read in full in Catechism, nos. 1324-1332*



Watch Holy Habits Podcast Here:  
<https://franu.webflow.io/holyhabits>



#### ✓ Gather Your Supplies

- Catholic Bible
- Catholic Catechism
- Journal



#### Plan Ahead

Designate a time for

- viewing, reflection, prayer & family discussion



#### Prepare Your Heart

- Read and pray with the selected scripture and catechism excerpt before viewing the podcast.

## Father Josh's Holy Habit

"Prepare yourself for Worship".

- Prepare for mass by making the time leading into it different than normal time.
- Fast from food or drink for one hour before receiving communion.
- On the car ride – listen to the readings, worship music, or practice silence.

Make sure to leave early enough for mass so that you can enter into mass calmly and offer God prayers before the mass begins. Set Sunday apart!



### Faith Lived

To worship God means that we offer Him adoration and honor (CCC 904).

The best way we worship, adore, and honor God is by going to Mass. We attend Mass, not to check a box or fulfill an obligation, but to be a part of Jesus' offering of himself to the Father and to us. You can't get this at home or at any other church. We participate in Jesus' offering by singing, standing, saying the prayers, listening to the readings, and sometimes by silently being PRESENT and giving our hearts to all that is happening. We go to Mass to worship, and the Lord is so good, that we leave nourished by His words, His presence, His Body. The Mass is a necessity if we desire the deepest relationship with God. The Lord in His goodness has given us the gift of the Holy Sacrifice of the Mass knowing this is what we need. Make Mass the high point of every week.

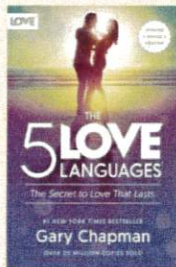


### Family Conversation

Parents & Caregivers:

- Have a family discussion about all of the Lord's blessings for your family that day. Have each person say a prayer of Thanksgiving to Jesus.
- Do you have any questions about mass? *We bet your kids do, too!* Grab your catechism, open the floor, and discuss all your questions together. The back of the Catechism has a great index where you can look up each subject.

### Honorable Mentions



Kids:

The mass is where heaven touches earth.  
What do you think Heaven will look like?

Everyone has a love language, what is yours?  
What are your children's love languages?  
Knowing your love language can help you  
to better communicate love to your  
family members and friends!