How (and Why) To Return to Sunday Mass

**Reason 1** It’s your way to relive the Last Supper.

**Quick Tip** Be well dressed. Would you come dressed for jogging if you were invited to the White House?

**Reason 2** When was the last time you prayed too much?

**Reason 7** Wise people invest money for the future. How much more should we invest in eternal life?

**Quick Tip** Be early. Would you come late to your wedding? (Women, don’t answer!)

**Reason 3** If you want to spend eternity with Christ, you need to get to know him now.


**Reason 5** It’s your best way to identify yourself with Christ’s sacrifice on the cross.

**Reason 6** Some of the greatest people in history were Massgoers (St. Francis, Blessed Mother Teresa, Pope John Paul II ...)

**Reason 8** It has to be better for you.

**Reason 9** If you’ve been to confession, you get to receive Jesus Christ. If you find a better deal, do that instead.

**Quick Tip** Forgotten what to do at Mass? You’ll remember. It’s like riding a bicycle! Follow the Mass closely with a helper: Missalette, missal or Magnificat.

**Reason 10** If you knew Jesus would be somewhere, wouldn’t you go see him?

**Reason 11** Guaranteed Bible readings. Countless lives have been changed by Scripture. Might yours?

**Reason 12** Statistics say that people who go to Church are less stressed

**Reason 13** It’s the best way to pray for your family and friends — and to cope with troubled times.

**Reason 14** One out of Ten Commandments asks us to go to Mass every Sunday.

**Quick Tip** Communion is open to all who are not conscious of committing a serious sin (anything from missing Sunday Mass to infidelity) since their last confession.

**Reason 15** You’ll become a better person at Mass. The more you are part of God’s life, the better you’ll be.

**Reason 16** Life is complicated. Get directions that work — from the One who created life.

**Reason 18** Is one hour too much to give to God? How many do you spend on other priorities?

**Quick Tip** Bow your head as a sign of reverence before receiving Communion. (Do it while the person in front of you is receiving Communion.)

**Quick Tip** Feel alone and unsure at church? Bring a friend!

**Quick Tip** In prayer after Communion, make one resolution about how you’ll live your life differently. (Think back on the homily for ideas.)

**Reason 17** It’s your way to go most directly through Jesus Christ to God the Father by the power of the Holy Spirit in prayer.

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