



Sacraments Will Change Your Life Today!

Why Holy Mass Matters

You may ask yourself occasionally why it is necessary to go to Mass every Sunday, or on Saturday evening. Here are a few compelling reasons.

An Opportunity to receive Guidance: In order to live a joy-filled life, you want to listen to the Word of God and apply it to your life. The readings from the Bible proclaimed at Mass are God's personal words to you. The priest will "unpack" these words for you in their homily. Receiving the words of Scripture become like a "compass" for your life and putting these words into practice allows you to live better, Christian, more joy-filled lives.

A Time to receive Strength/Peace: The Holy Eucharist is Jesus Himself. When receiving Holy Communion, you are literally united with Him. He wants you to talk with Him and also listen to Him. He will strengthen you to face life's difficulties and He will give you His peace.

A Time for Healing: You will grow in your relationship with Jesus Christ along with the parish family in ongoing attendance at Mass. In this process, hearts can be healed, marriages saved, relationships restored, families made whole again, addictions overcome, anger abated, joy renewed, hope built up, and love enkindled.

God's Gift of Grace: As you encounter Jesus Christ in His Word and in Holy Communion, He invites you to grow as His personal follower – disciple. Receiving God's own Life – sanctifying grace – will help you to make good decisions and to be strong against temptations.

God's Gift to You: Our loving Father gave us the Third Commandment to "Keep Holy the Lord's

Day." Sunday is the day that Jesus rose from the dead. That is why we celebrate the "Lord's Day" on Sunday and participate in the Holy Eucharist, which is at the heart of the Church's life.

The Best Occasion for Thanksgiving: Every good gift comes to you from your Heavenly Father Who loves you more than anyone. Eucharist means thanksgiving. After you receive Jesus, and He is truly present in your heart, talk with Him and thank Him for all the gifts of your life.

A Time to Worship God: To adore God is to acknowledge that you would not exist but for God. During Mass, You want to praise and adore Him with humility because nothing on this earth gives more glory to God. Worshipping the one true God sets you free from turning in on yourself, from the slavery of sin and the idolatry of the world.

Asking for what You need: Jesus wants you to ask Him for the desires of your heart. He cares about your every need. Jesus said, "Ask and it will be given you; seek, and you shall find; knock, and it will be opened to you" (Matthew 7:7). Jesus will give us what is good for us.

Jesus said: "Unless you eat the flesh of the Son of Man and drink His Blood, you have no life in you... He who eats this Bread will live forever" (John 6:53, 58).

