

The
POWER



of One Hour

Study Guide

Produced and presented by the



ROMAN CATHOLIC
DIOCESE of ALBANY



Catholic
Communication
Campaign
CONNECT WITH CHRIST

*Reflection questions for youth and adults
accompanying the five-part video series
to facilitate discussion and enrich understanding
of the Celebration of the Eucharist*



1. The Mass is about "God's friendship for us." How?

2. Describe how Mass is an opportunity for God to send us His grace.

3. What does it mean that the Celebration of the Eucharist is a "mystery" of our faith?

4. Explain how Mass involves both "preparations" and "thanksgivings."

5. What are some ways in which priests prepare for Mass both physically and spiritually?

Physical Preparations	Spiritual Preparations

6. Name some of the vestments that priests wear for Mass, along with their meanings.

Vestment	Meaning

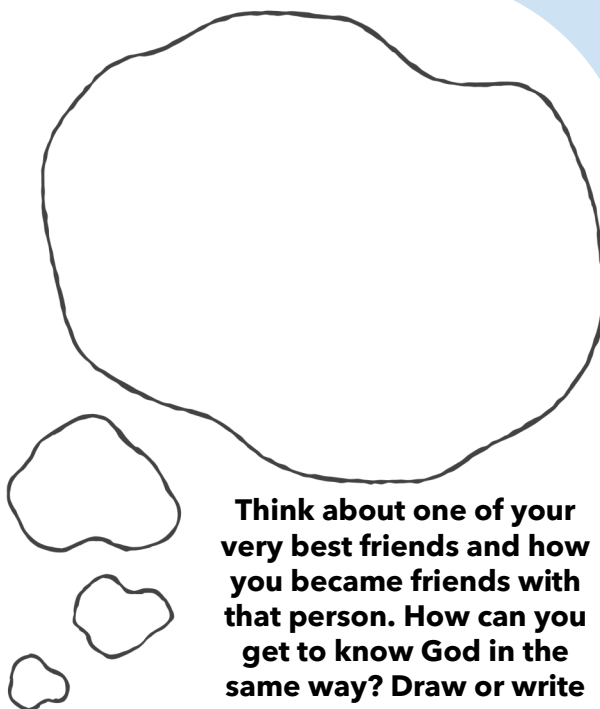
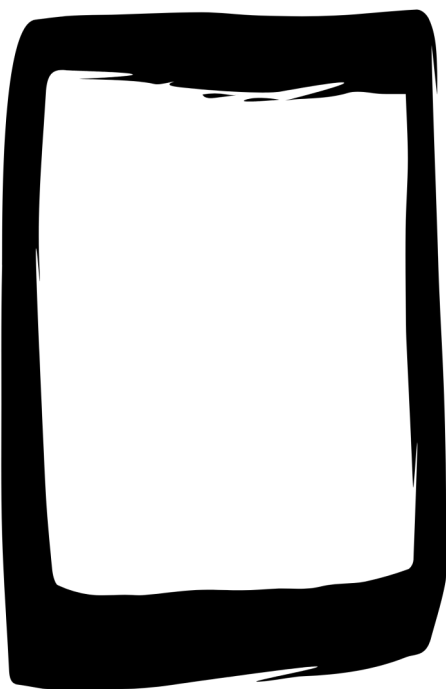
7. What are some ways in which we, as the faithful, can prepare for Mass?

8. When the priest consecrates the bread and the wine, do they become the actual, Real Presence of Jesus Christ? Explain your answer.

9. How can we open ourselves to the gift of the Mass?

Mass Preparation Questions for Younger Parishioners

Draw a picture of someone who comes to Mass with you. How does this person encourage your faith?

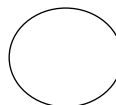
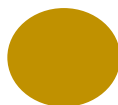


Think about one of your very best friends and how you became friends with that person. How can you get to know God in the same way? Draw or write your answer above.

True or false: In the Eucharist, the priest changes the bread and wine into the **ACTUAL** body and blood of Jesus.

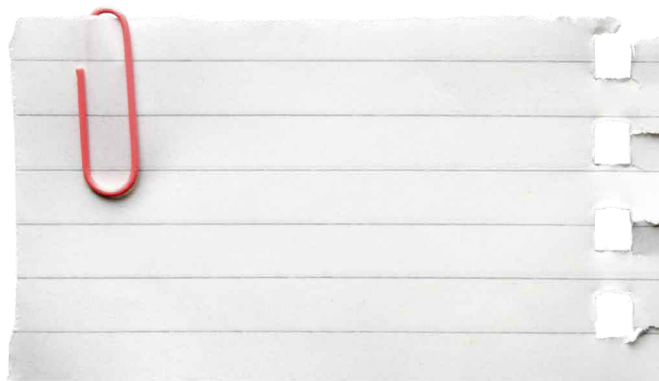
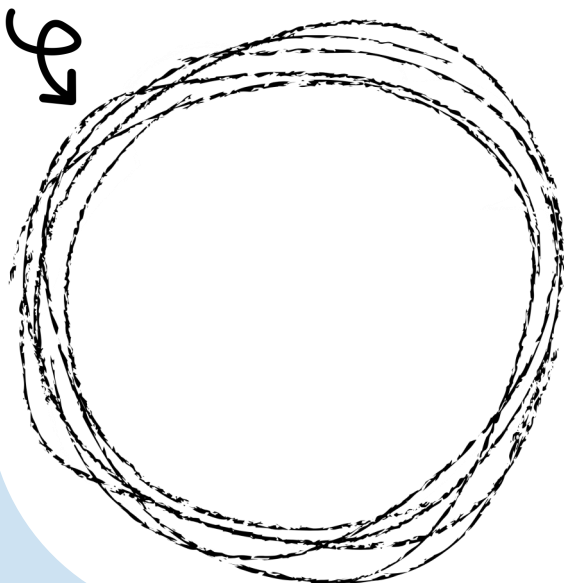
☐ true ☐ false

The last time you went to Mass, what colors did you see in the church? What color vestments did the priest wear? Circle the color(s) below!



Have you ever helped with a Mass? What did you do?

How do you and your family prepare for worship at Mass? Draw a picture or use words to describe one thing you do.



Lots of people say a prayer before Mass begins. What is one thing that you could tell God before Mass?

