

## Faith Summary

The Mass is the most important way Catholics pray.

### Words I Learned

altar

Holy Days of Obligation

Liturgy of the Eucharist

transubstantiation



### Ways of Being Like Jesus

Jesus gave himself to us. *Give of yourself to help others.*



#### Prayer

*Thank you, Jesus, for giving yourself to me. Place in my heart a great love for the Eucharist.*



### With My Family

**Activity** Give up one hour of your free time this week to help someone in your family.

**Ready for the Sacraments** Follow Jesus' example of service. As a family, shine each other's shoes. You can do this together or as a surprise to the other person. Let this act of service be a way you prepare for Mass.

**Family Prayer** *Dear God, thank you for sending Jesus to us.*