

The Mass Journal

More than a decade ago Matthew Kelly created the idea of a Mass Journal. Tens of thousands of people have experienced the power of this simple habit. Imagine if every person in our parish came to Mass on Sunday actively seeking to listen to the voice of God? I challenge you to start your 2019 with a new awareness of what the Lord is saying to you through the Mass by keeping your own Mass journal. You have all the supplies you need in this gift and the instructions below.

This is what Mr. Kelly wrote about the Mass Journal in Rediscover Catholicism...

Having prepared ourselves for Mass, the next step is to approach Mass with an open heart and open mind—expecting God to communicate with us. While many people complain about being bored at Mass, I have to believe that most Catholics would like to have a richer experience of it each Sunday. With that in mind I would like to propose a simple approach that I think could change the whole way we experience the Mass, and at the same time transform our relationships and parishes.

When you walk into Mass next Sunday, simply ask God in the quiet of your heart, God, show me one way in this Mass that I can become a-better-version-of-myself this week! Then listen. A critical component of successful relationships that is missing from our spiritual lives is listening. Listen to what God is saying to you in the music, through the readings, in the homily. Listen to the prayers of the Mass, and listen to the quiet of your heart. The one thing will strike you. Once it is revealed to you, spend the rest of the Mass praying about how you can live that one thing in the coming week.

On the enclosed journal, write down inside the front cover, “God, show me one way in this Mass that I can become a-better-version-of-myself this week!” Not “God, show me one way in this Mass my sibling/friend can become a-better-version-of-him/herself this week!” Not “God, show me one way in this Mass my parent can become better-versions-of-themselves this week!” No, God will speak to your family and your friends in his own time and in a way that is specific to them. For now, the request you are laying before God is, “God, show me one way in this Mass that I can become a-better-version-of-myself this week!”

Then bring that journal to Church with you on Sunday. Try to arrive a few minutes early for Mass. Place this request before God: Show me one way in this Mass that I can become a-better-version-of-myself this week! Then listen to the music, the readings, the prayers of the Mass, the homily, the quiet of your heart. When that one thing strikes you, write it in your Mass Journal. Now spend the rest of the Mass praying about how you can become a-better-version-of-yourself in that way during the coming week.

If you do that every Sunday for a year, your Mass Journal will become an incredibly powerful spiritual tool. You will be able to take it to your daily prayer and pass from page to page. Each page will inspire a deeply personal dialogue between you and God.

Our lives change when our habits change. Our relationships change when our habits within those relationships change. Our families change when our habits as families change. And our Church will change and become the invigorated life-giving community God intends it to be when our habits as members of the Church support that mission.