



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

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

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

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

**Reason 4** It's the central, necessary activity of Christian worship (Luke 22:14-23; John 6:53ff; 1 Corinthians 11:23-26).

**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 made it a habit to go to Mass (St. Francis, Mother Teresa, John Paul II ...)



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

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



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

**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?



# How (and Why) to Return to Sunday Mass

**Reason 12** Statistics say that people who go to church are happier and less stressed out.

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

## Common Good Excuses

### What's in it for me?

Everything! God desires only and always your good. He became a man in large part to give us himself in the Mass. *Why should you deny yourself such a gift?*

### I don't need to go to Mass to get close to God.

At Mass, you receive God himself — Jesus Christ truly present in the sacrament. Even a beautiful mountain vista can't compare to that.

### I had a bad experience with the Church.

This is always sad. But many of us also had bad teachers — and we know the whole education system isn't bad. Jesus wants to bring you healing at Mass.

### I don't get anything out of Mass.

Don't expect it to be entertainment. Learn about what it does: joins us to Christ, separates us from sin, wipes away venial sins, commits us to the poor, prepares us for heaven.

### I don't have the time.

God has been very generous with time: 24 hours a day, 168 hours a week. That's less than 1% of your week. You have the time; find it.

### I'm a sinner. I don't deserve to be at Mass.

Welcome to the club! We are a Church of saved sinners. None of us deserves to be here. See you at the confessional ...

**Reason 14** 1 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.



**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.



**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.)



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

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



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