



## Reflection on Sunday Mass – Grade 7

**A reflection is a process of self-examination. People reflect when they look back at something that happened to them to try and learn more about themselves and how they have changed. Through reflection we can truly understand ourselves better and decide how we should act going forward from our experience.**

**Student's Name:** \_\_\_\_\_

**Date & Time of Mass Attended:** \_\_\_\_\_

- 1. Think about something that stood out for you at Mass. Was it a symbol in the Church, a prayer, (one of the readings, a hymn) or something that someone else said?**

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- 2. Did this remind you of an experience in your own life? Describe that experience and be specific. After you describe this experience, think about why this experience or time at Mass was meaningful to you.**

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- 3. Think about how your experience changed you. What happened that made you become a different and better person or helped you realize what you should do to become a better person?**

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- 4. How is God speaking to you through this reflection?**

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(Continue on back)