



# Parenting Stewards

## Leading by Example

Let's be honest - all of us have times when we would rather sleep in on Sunday morning or keep doing what we are doing on Saturday afternoon rather than go to weekend Mass. Yet, participating in Mass is an extremely important part of our religious tradition. If we are to teach our children to be strong Catholics, we need to instill the importance of going to Mass. It is while we are connecting with Christ through the Eucharist that our faith grows stronger and we can more clearly see the plans God has for us.

If you are having difficulty convincing your children that Mass is important, here are some thoughts or suggestions you can share with them.

- ◆ God asks us to give the first and best to Him. This includes giving the first hour of our week to Him through participation in the Sunday Mass. Is that too much to give to God who has given us everything?

- ◆ We don't go to Mass for our own personal entertainment. We go to praise God and thank Him for all the good things He has given to us.
- ◆ Leaving your cell phone in the car demonstrates to your children that no one's call is more important than the call to worship our Lord.
- ◆ Dressing up for Mass as opposed to dressing casual shows your children that this event is an important one to you. If a very famous or special person invited you to dinner, how would you dress?
- ◆ Planning in advance, what you will bring in your envelopes and making sure children and adults alike bring something to Mass to give to the Lord, shows thoughtful gratitude for what God has given you.

The Eucharist is a banquet to which Jesus personally invites us. It was Christ's last gift to us before He died. How often should we refuse His invitation?



*What you are is God's gift to you.*

*What you become is your gift to God . . .*

### Action Ideas

Make Mass a joyous occasion each weekend by putting special effort into preparing for it. This takes some planning, but children quickly pickup on the fact that you think it's worthy of your attention.

- \* Know the readings ahead of time. <http://wau.org/meditations/current/>
- \* Find a children's Bible or Bible storybook and go over one of them with your

child instead of the usual bedtime story.

- \* Lay clothes out ahead of time and get up in plenty of time to get to church without undue stress.
- \* Sing songs, joke and be playful as you drive to Mass. Make every effort to avoid a drudging routine.

