

# Sunday Mass Journal Entry # \_\_\_\_\_

Date: \_\_\_\_\_

How are you feeling today?

Today I feel \_\_\_\_\_, because

How is your relationship with God? Who is God to you? (Friend, parent, king, etc.)

God is my \_\_\_\_\_, because

What are your prayer intentions? Who do you want to pray for?

I would like to pray for...

What was the homily about today? The homily was about...

When I received spiritual communion today I hope that I can become a better person today by... (what actions will you take to become a better person?)