

# 8 Reasons to Bring Your Child to Mass Regularly

Children learn to value what their parents and extended family value. And they learn not so much by what we say as what we do. Make regular participation at Mass together a fundamental priority. Taking our children to Mass will

- 1 Reveal their true identity as beloved children of God. In a fast-changing world, children need to know that they are valued and they are loved.
- 2 Shape their values. People take on the values of those they associate with. Join together with the people who strive to follow Jesus' way.
- 3 Connect them with many generations. Mass unites people of all ages.
- 4 Populate their imaginations with stories of faith. Expose your child to the stories that lead to abundant life.
- 5 Fill their hearts with songs that shape their souls. Music has impact. The songs we sing at Mass help us see how God is active in our lives.
- 6 Nurture their inner life. Attend to your whole child; don't neglect his or her spiritual self. Worship brings our spiritual selves to life.
- 7 Feed them on the journey. Our children will face many challenges in their lives. Jesus offers his very self to them to strengthen, encourage, and free them no matter what comes.
- 8 Help them find their true home. God longs for the whole family to gather around the table. In the Eucharist, we realize that we are all one in God.

