



HOW TO PRAY A LIVESTREAMED MASS

More resources at sfatx.org/online



CREATE A PRAYER SPACE

under your TV or streaming device with a crucifix and other religious art.



OPEN YOUR BIBLE

to the Gospel and place it on your prayer space to remind you that the Word of God is with you.



WEAR YOUR SUNDAY BEST

especially to help kids stick with routine. (This might be your only time to dress up!)



SETUP CHAIRS LIKE PEWS

to help you engage in Mass. (And keep you from watching passively from the couch!)



LIGHT A CANDLE

to symbolize the beautiful light of Christ, which shines in darkness.



BLESS YOURSELF

with holy water before and after Mass, if you have some at home.



BEGIN IN SILENCE

to help transition between the busyness of home and the sacredness of Mass.



SING & RESPOND

with the hymns and propers of the Mass. (“and with your spirit!”)



STAND & KNEEL

and sit, just like you would if you were at the Church.



HUNGER FOR THE EUCHARIST

and make a Spiritual Communion.

sfatx.org/spiritual-communion



MAKE A SUNDAY OFFERING

by giving online or by text.

sfatx.org/give-online or
text 817-587-1600



ENGAGE IN COMMUNITY

afterwards by having coffee and breakfast together and calling your loved ones.