

Our Sabbath Scripture Stories



F A M I L I E S R E C L A I M I N G S U N D A Y

Read aloud: Exodus 20:1-17
1 Corinthians 1:22-25

Gospel: John 2:13-25

It was Sunday morning and, as usual, the Pauline family was packed in the van on the way to Mass. Everyone was laughing because Lucy's stomach was gurgling a bit.

"Mom, tell me again why we fast from food and drink one hour before Communion?" Lucy asked her mother.

Mrs. Pauline smiled. "We do it out of reverence and respect. It is our way of making a sacrifice to God, and to prepare our bodies to receive Jesus in the Holy Eucharist."

"So, it is doing something special because I am receiving Jesus at Mass today?" Lucy asked.

Then her sister, Mary Clare, said, "It's like when Uncle Ed and Aunt Mary come to our house for dinner. We get the house all ready because they are our guests, and we want them to feel welcome in our home."

As Dad steered the car into the parking lot at church, he said, "Our body is a dwelling place or a temple for Jesus, and we can do special things to prepare to receive Him. By fasting from food and drink for one hour, we say, 'Jesus, You are very special. I want to do something special so that I am ready to receive You.'"

Lucy nodded. "I like that! Jesus is special, and this is my way of doing something just for Him." And then, shyly, she added, "And I also like that we have donuts *after* Mass, too." Everyone had to laugh!

*Jesus, make me worthy to receive You.
My body is a temple for You to live in.*

*How do you prepare your temple?
Discuss some other ways you prepare yourself for Mass.*

