

Top 5 Countdown of Why to Attend Mass every Sunday.

5) It's Peaceful-With the hustle and bustle of life keeping your head spinning, spending an hour in a sanctuary of peace is a wonderful thing. Allow yourself to be immersed in the beauty and grandeur, and let your worries disappear for a while.

4) Community-You need a spiritual community. When you are at Mass, mostly everyone is there to worship God and to grow in holiness. We were made to be social beings, to come together as a community. Jesus said, "Where two or three are gathered together in my name, there am I" (Matthew 18:20).

3) It's absolutely important for your children-Your children will become confused and doubtful if you miss Mass regularly, because you and your Church will be telling them two different things.

2) It's the law-Intentionally missing Mass for no good reason is a **grave matter**, which means that doing so is a **mortal sin**.

***Acceptable reasons for missing Mass would be particular illnesses or transportation situations which prevent you from making it there.**

With this knowledge in mind, it is very important to understand that Sunday is not meant to be a mandatory day that we grudgingly go to Church. The purpose of the Mass is to give us the perfect opportunity to come into closer relationship with Jesus Christ.

1) Jesus is there-What's in the church's tabernacle? **Jesus Christ** and His promise of eternal life. Jesus Christ, who promised 2,000 years ago that He would always be with us as the **Bread of Life** (John 6:22-59) is waiting for you to come into the doors of a Catholic church to participate in His everlasting sacrifice at the Mass (1 Corinthians 11:23-26).

Extra Benefits of Going to Mass:

- Reduced Blood Pressure
- Higher Self Esteem
- Ability to Cope With Disaster
- Happier Old Age
- Better Immune System