



Obligation: Law and Love

Talking Points

- Church law obligates us to participate in Sunday and holy day Mass.
 - The obligation is given to us in order to guide us to put Christ at the center of our lives.
- While we may attend Sunday Mass out of a sense of obligation, our true obligation is to God and our participation is to be a response to the love of God, poured out through Jesus Christ.
- The word “Eucharist” means thanksgiving.
 - Growing in gratitude for the blessings of life, salvation, faith, gifts, and resources leads us to joyfully make Sunday Mass a priority.
- Our participation in the Mass is not passive. We are called to fully, consciously, and actively participate in the Eucharist, and to be open to the change of mind and heart that results in this active participation.

Discussion Questions

What obligations do I have in my life? What things do I undertake purely out of love?



What helps me to be mindful of my blessings and to grow in gratitude?

How is my relationship with Christ and the celebration of Sunday Mass central in my life?

How do I know myself to be obligated to participate in Sunday and holy day Mass?
How is this obligation different to me than other obligations I have?