

NAME: _____

GRADE: _____

Sunday Mass Journal

Fourth Sunday of Ordinary Time
Matthew 5:1-12a

Sunday, 1 February 2026

● CHURCH & MASS TIME:

● PRIEST & COLOR OF VESTMENTS:

● I OFFERED THIS MASS FOR:

Gospel Reflection

During the Sermon on the Mount, Jesus shares the Beatitudes, similar to the 10 Commandments, as a guide to grow in holiness. Choose one Beatitude to focus on and grow this week. How will you cultivate this in your life?

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I am thankful for...

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I will pray for...

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My Spiritual Goal for the Week



NAME: _____

GRADE: _____

Sunday Mass Journal

Fifth Sunday of Ordinary Time
Matthew 5:13-16

Sunday, 8 February 2026

● CHURCH & MASS TIME:

● PRIEST & COLOR OF VESTMENTS:

● I OFFERED THIS MASS FOR:.....

Gospel Reflection

Jesus asks us to be "the salt of the earth and the light of the world." Think about how important salt and light are. How can you use your gifts to make the world a happier and brighter place?

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I am thankful for...

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I will pray for...

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My Spiritual Goal for the Week



NAME: _____

GRADE: _____

Sunday Mass Journal

6th Sunday of Ordinary Time
Matthew 5:17-37 or 5:20-22a,
27-28, 33-34a

Sunday, 15 February 2026

● CHURCH & MASS TIME:

● PRIEST & COLOR OF VESTMENTS:

● I OFFERED THIS MASS FOR:

Gospel Reflection

Jesus tells us to not just focus on the serious sins, but to pay attention to the small ones that lead us to sin. If this is true of sin, it is also true of love. What small acts of love can you do this week to help you grow in greater love and holiness?

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I am thankful for...

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I will pray for...

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My Spiritual Goal for the Week



NAME: _____

GRADE: _____

Sunday Mass Journal

First Sunday of Lent
Matthew 4:1-11

Sunday, 22 February 2026

● CHURCH & MASS TIME:

● PRIEST & COLOR OF VESTMENTS:

● I OFFERED THIS MASS FOR:

Gospel Reflection

Jesus was fasting in the desert for 40 days and nights, when He was at his weakest, when the devil tempted him. Yet he was able to resist the devil. How did He do it? What can you do when the devil tempts you?

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I am thankful for...

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I will pray for...

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My Spiritual Goal for the Week

