

Imitating in Daily Life what Happens at the Mass:

- Praying
- Reflecting on God's Word
- Proclaiming God's Word
- Professing the faith
- Petitioning God for the Church, the world, others, and ourselves
- Imitating the offering of Jesus in our lives
- Transformation into the Body of Christ
- Allowing the humility of Jesus present in the Eucharist to lead us to imitating His humility
- Communion
- Recognizing that we are sent as a people with a mission