

opusdei.org

## Going to Mass Online? 6 Tips

It may be physically impossible for some of us to go to a church over the next few weeks. But you can still follow the Mass through digital means. Here are a few suggestions to keep in mind.

03/18/2020

Quarantine and forced isolation do not have to be an obstacle to daily participation in the Holy Mass. Many dioceses and Catholic media outlets are offering ways to follow the Mass

online or on television. Of course, it's not always easy to be attentive and pious when attending Mass in this way. So here are some suggestions for how to do so with more devotion under these circumstances.

**#1. UNITE WITH OTHERS.** It's better not to follow the Mass alone, so try to do so with your family, or with at least one other family member.

When everyone's focus is united, it's easier to concentrate. Choose the Mass time that best suits everyone's schedule, and make it a family event of the day.

**#2. CREATE THE RIGHT SETTING.**

Take care of the atmosphere in the room. For example, you could put a cross or an image of Our Lady near your TV or computer, and light a candle or two if you have some.

**#3. GET DRESSED.** Dress for the occasion: you might be at home, but

leave the pajamas for bedtime and the tracksuit for sports time.

#### **#4. GO THROUGH THE MOTIONS.**

Try to attend the Mass as if you were in your parish, standing when the Gospel is read, sitting down during the offertory, kneeling during the consecration, etc. These gestures are full of meaning.

#### **#5. PRAY A SPIRITUAL**

**COMMUNION.** Although you can't receive Jesus in the Eucharist, you can pray a spiritual communion. This is the one that Saint Josemaría used to pray: *"I wish my Lord, to receive you with the purity, humility and devotion, with which your Most Holy Mother received you, with the spirit and fervor of the saints."* But there are many others.

**#6. WHAT'S THE RUSH?** Don't be in a hurry: the Mass has incredible value, and right now there are so many things to pray for. Stay for a

few moments after Mass has ended to pray for everyone: the deceased, the sick, health professionals, government officials and, of course, the Church, the Pope, our bishops and your parish.

---

If you want to go deeper, you can pray with the Pope's *Catechesis on the Mass*, where the Holy Father explains what the Mass is, its different parts and its importance in the life of the Christian.

“Through these catecheses, I would like to rediscover with you the beauty that is hidden in the Eucharistic celebration and that, once revealed, gives full meaning to each person’s life.”

---

pdf | document generated  
automatically from [https://opusdei.org/  
en-ke/article/advice-follow-mass-online/](https://opusdei.org/en-ke/article/advice-follow-mass-online/)  
(03/29/2025)