

**VIRTUE=STRENGTH.**

## WHAT IS FAITH?

The virtue of FAITH is a gift from God, placed or infused in our souls at Baptism, that gives us the strength to believe in God and everything that His Holy Catholic Church teaches us.

It is trusting in God and His love, believing in things unseen.

***“I BELIEVE though I do not comprehend, and I hold by FAITH what I cannot grasp with the mind.”***

**- St. Bernard**

## UNBELIEF & IT'S CONSEQUENCES

**The weakness by which we reject the truths which God has revealed.**

It is not believing in God or His teachings, lacking trust in His plan.

*"He who does not believe is like a man who has no light and walks in darkness."*

*-St. Alphonsus Liguori*

## THE CONSEQUENCES OF UNBELIEF

- **Loneliness:** Feeling alone without God's love and guidance.
- **Confusion:** Not knowing what's right or wrong.
- **Sadness:** Missing out on the joy of God's love and hope.

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## EXAMPLES OF LIVING OUR FAITH

- **Trust in God's Providence:**
  - By surrendering to God's will and trusting in His plans, we find peace and strength.
- **Love for the Eucharist:**
  - The Most Blessed Sacrament is the greatest gift of God's love for humanity. Frequent reception of the Eucharist and Eucharistic adoration are two means to deepen our relationship with Christ.
- **Marian Devotion:**
  - We should pray the rosary every day and trust in Mary as our Mother.
- **Repentance and Conversion:**
  - God's mercy is always available to those who sincerely seek it. Go to the Sacrament of Reconciliation as often as you can or need.
- **Prayer and Contemplation:**
  - Prayer is essential for maintaining a close relationship with God. We should talk with God in hearts constantly throughout the day.

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## HOW TO SHARE YOUR FAITH

- **Share how your faith has impacted your life personally. Personal stories can be powerful and relatable.**
- **Invite your friends, teammates or neighbors to Mass, to pray the rosary with your family, or to a parish event. Experiencing the Catholic community firsthand can be transformative.**
- **Offer to pray with or for others. Ask them if they have anything they would like you to pray for.**



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WHAT DOES FAITH LOOK LIKE?

The HIDDEN MEANING in His Uniform? | More than a Number

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