



VIRTUE=STRENGTH.™



TRUST

The strength to confidently believe in someone regardless of the situation.



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TRUST

“COMPLETE CONFIDENCE
IN SOMEONE.”

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TRUST

OPENING PRAYER

Lord Jesus, I TRUST in You.

You are worthy of my TRUST because You gave Your life for me when You did not have to.

Thank You for Your love and Your sacrifice.

Give us the strength to TRUST one another so we can do great things together and bring others closer to You in the process.

O my Jesus! I ask You for myself and for those whom I hold dear, the grace to fulfill perfectly Your holy will, to accept for love of You the joys and sorrows of this passing life, so that we may one day be united together in heaven for all eternity. Amen.



INTRODUCTION

Trust is the strength to confidently believe in someone regardless of the situation.

From Fr. Mike Schmitz

“Whatever is going on in my life, whatever season I’m going through ... ‘I know you are good, and I know I can trust you. Because you are good, I know I can trust you.’”

“Just because I don’t understand the meaning of this moment doesn’t mean this moment doesn’t have meaning.”

“It’s a gift of the Lord to be able to recognize ‘I trust you,’” the priest underscored, adding that if one doesn’t feel this way, “Pray to God and say: ‘God, help me to trust you. Trust isn’t a feeling — it is a conviction.’”

The strength to confidently believe in someone regardless of the situation.

It is confidence or reliance on God's goodness, faithfulness, and promises.

Biblical Examples

- **Abraham:** Trusted God's promise of a son despite old age (Genesis 21:1-7).
- **Daniel:** He was thrown into the lions' den for praying to God, defying King Darius's decree. Daniel trusted in God's protection and continued to pray despite the threat to his life. God sent an angel to shut the lions' mouths, and Daniel was unharmed (Daniel 6).



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VICE

VICE



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DOUBT

The weakness to not believe or accept.



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DOUBT

“BEING UNSURE.”

A stained glass illustration of Jesus Christ with his disciples. Jesus is in the center, wearing a white robe with gold and red patterns, and a golden halo. He is surrounded by several men in various colored robes (red, blue, purple). The style is traditional stained glass with bold black outlines and vibrant colors.

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DOUBT

VICE

The weakness to not believe or accept.

It is uncertainty or lack of confidence in God's power, love, or presence.

Biblical Examples

Thomas: Doubted Jesus' resurrection until he saw Him (John 20:24-29).

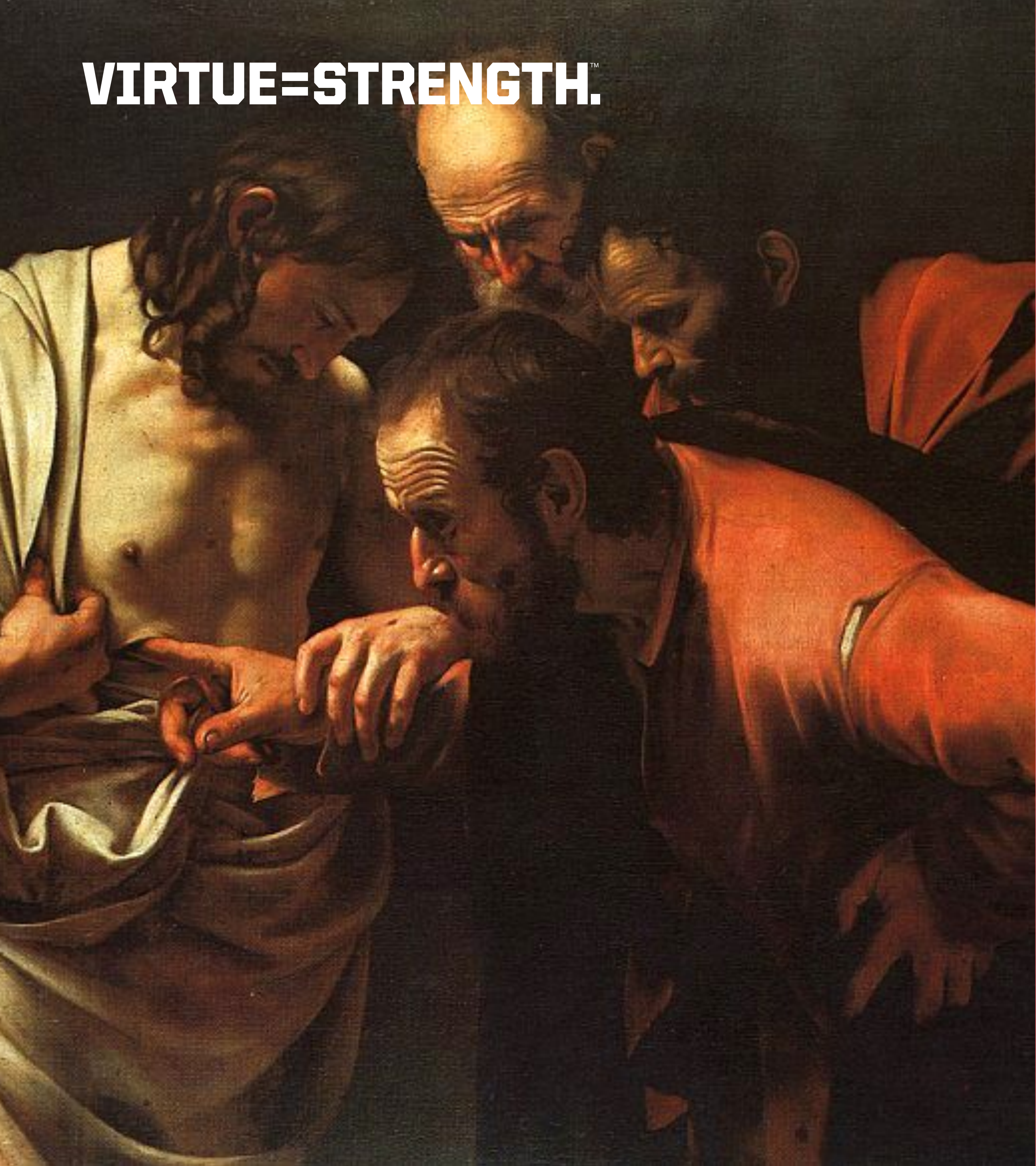
Peter: Began to sink when he doubted while walking on water (Matthew 14:29-31).

WHAT HAPPENS WHEN WE DOUBT?

Fear and Anxiety: Doubt can lead to worry and stress.

Distance from God: Creates a barrier in the relationship with God, making it harder to feel His presence and guidance.

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VICE

REACH OUT FOR HELP

Many, many people throughout history have experienced doubt.

St. Thomas is known as Doubting Thomas.

When we experience doubt, we need to speak with a **TRUSTED** friend who can help us through the difficult periods of life.

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VICE



Many say, ‘I have done too much evil; the dear Lord cannot forgive me.’

That is an outright blasphemy that sets a limit to God’s mercy.

But it has none: it is infinite.

Nothing offends our dear Lord so much as to doubt His mercy.

St. John Vianney



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TRUST

CHALLENGE

Let's put our **TRUST** into action!

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8 WAYS TO BUILD TRUST TRUST

1. Follow through on promises and commitments. If you say you'll do something, do it.
2. Pay attention to what the person is saying without interrupting.
3. Express your appreciation for what others do for you.
4. Maintain a positive attitude, which can create a more enjoyable and trustworthy atmosphere.
5. Collaborate on projects or activities, which can build trust through cooperation and teamwork.
6. Be on time for meetups and events to show that you value the other's time.
7. If you make a mistake, apologize sincerely. Take responsibility for your actions without making excuses.
8. Be willing to forgive others when they make mistakes. Holding grudges can erode trust.

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TRUST

RESOLUTION

WAY TO LIVE THE VIRTUE THIS WEEK

Each time you are tempted to doubt God, use your will and remember all the times God has been faithful and trustworthy.

Remember

Trust isn't a feeling — it is a conviction

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TRUST

WHAT DOES TRUST LOOK LIKE?



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TRUST

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TRUST

WHAT DOES TRUST SOUND LIKE?

SAINT STORY

ST. LOUIS BERTRAND

October 9
1526-1581

Louis was born in Valencia Spain, in a family of nine children. His good parents brought him up well, and he became a Dominican priest.

At the age of thirty-six, St. Louis left for South America. He stayed in the New World only about six years, but in that short time, this great apostle baptized thousands of persons.

Although he knew only Spanish, God gave him the gift of tongues, so that when he spoke, all the different tribes of Indians understood him.

Yet his apostolate was not without dangers. A tribe called the Caribs of the Leeward Islands even tried to poison the saint when he visited them to preach the gospel of Our Lord.

Once he was called back to Spain, St. Louis trained other preachers, teaching them to prepare themselves by fervent prayer, first of all.



SMALL GROUP DIFFICULT
SITUATION DISCUSSION

You have a Pastor at your Parish and
School.

All your friends really liked your previous
Pastor and they just don't feel like
opening up and getting to know this new
Priest.

What should you say/do to help instill
trust in the new Priest?



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MARK 10: 23-27

And Jesus looking round about, saith to his disciples:
How hardly shall they that have riches, enter into
the kingdom of God!

And the disciples were astonished at his words.

But Jesus again answering, saith to them: Children,
how hard is it for them that trust in riches, to enter into
the kingdom of God?

It is easier for a camel to pass through the eye of a
needle, than for a rich man to enter into the kingdom of
God.

Who wondered the more, saying among themselves:
Who then can be saved?

And Jesus looking on them, saith: With men it is
impossible; but not with God: for all things are possible
with God.

*“Place all your trust in God,
let Him be your fear and your love.*

*He will answer for you,
He will do what is best for you.*

*You have here no lasting home.
You are a stranger and a pilgrim
wherever you may be
and you shall have no rest,
until you are wholly united with Christ.*

*Why do you look about here
when this is not the place of your repose?”*

- Thomas a Kempis



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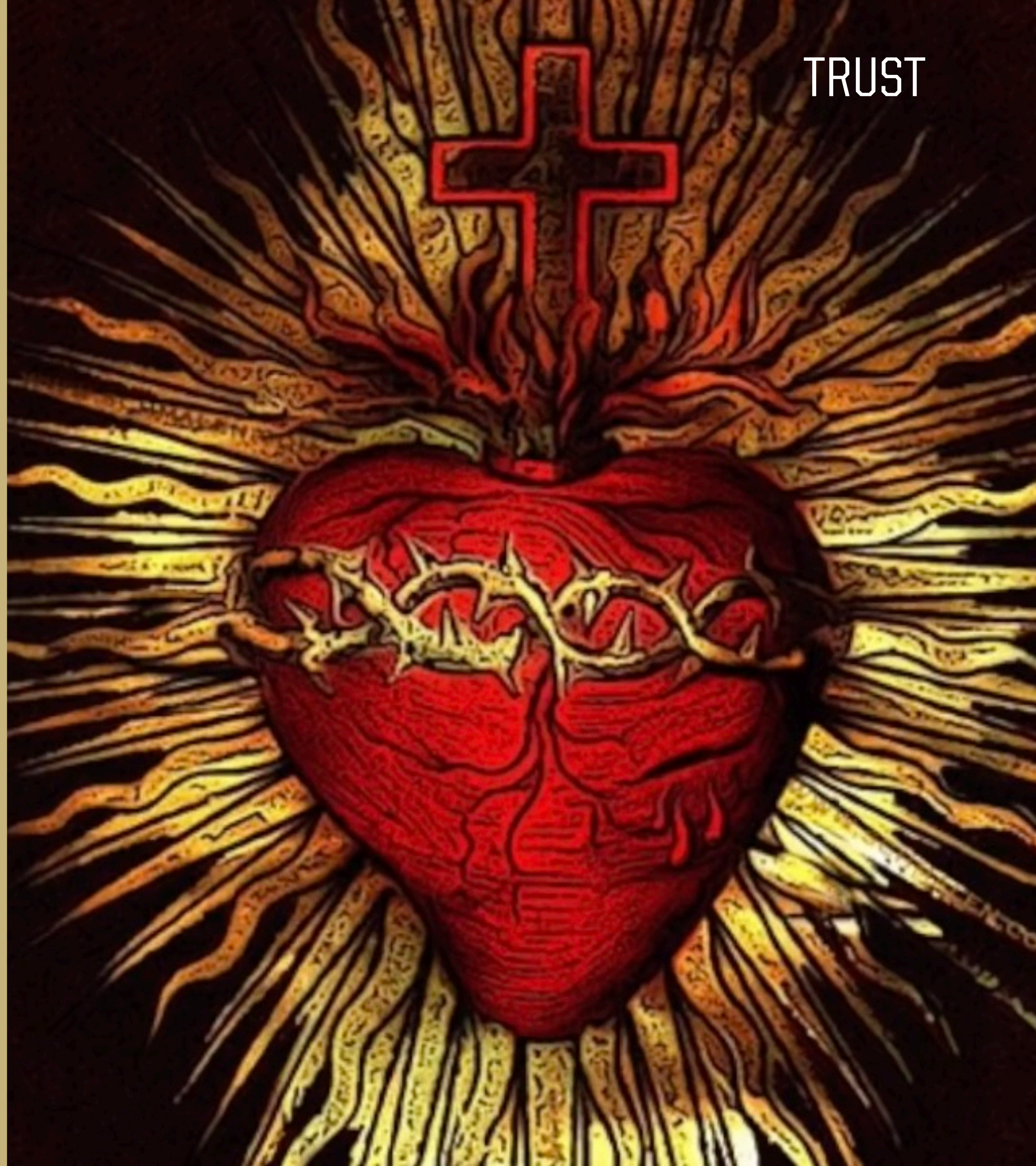
TRUST

*“Trust the past to the mercy of
God,
the present to His love
and the future to His providence.”*

- St. Augustine

*“We must never be discouraged or
give way to anxiety . . . but ever
have recourse to the adorable
Heart of Jesus.”*

- St. Margaret Mary Alacoque



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TRUST

*“I place my trust in You, O
adorable Blood, our
Redemption, our regeneration.*

*Fall, drop by drop, into the
hearts that have wandered from
You and soften their hardness.”*

- St. Agnes of Rome



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“Trust in the LORD with all your heart, on your own intelligence do not rely;

In all your ways be mindful of him, and he will make straight your paths.”

- Proverbs 3: 5-6

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CLOSING PRAYER

Jesus, I Trust in You.

Jesus, I trust in You.

Jesus, I trust in You.

Amen.

TRUST



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Did St. Thomas doubt something?

What did Jesus tell him?

What does Jesus tell us?



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STUDENT LEADER VIRTUE AWARD

TRUST

This certifies that

Helped lead our school with their virtuous example.

The strength to confidently believe in someone
regardless of the situation.