



Monday – Faith



COMMUNITIES OF ...

FAITH

LEARNING

LOVE

RESILIENCE

HOPE



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25 January 2021

Introduction:

‘Our humanity, our community response, our faith and our dedication has served as a beacon for many during the darkness and difficulty of the last few months. Let us keep this beacon burning brightly to make sure no one is left alone as we forge a new normal in our lives.’

Deacon Brian Williams (reported in the *Irish Catholic* 18/6/20)

Key Words: Faith, Faithfulness, Challenge, Resilience, Service, Community, Network.

Activities:

1. Listen to the song ‘Faithful’ by Randy Stonehill and answer the questions below.

Song: <https://youtu.be/oy4yHoxhIBE>

Lyrics: <https://genius.com/Randy-stonehill-faithful-lyrics>

How does the faithfulness of God help us to cope and get through challenging and stressful times – ‘the stormy days of trouble and trials’?

In recent months people have experienced many times what could be called a ‘darkest hour’ – how can love of God and service of others in our wider networks or communities help us to get through such times in a positive and confident way?





2. Listen to the song 'I Believe in the Sun' by Carey Landry and answer the questions that follow.

Song: <https://youtu.be/OUH1IGjU9B4>

Lyrics: <https://www.flickr.com/photos/apolakay/4019682960>

'I believe there can always be a way' – During the last few months people faced many challenges in their work, home and spiritual lives. From your observation and/or experience, in what imaginative and creative ways did people respond to such challenges?

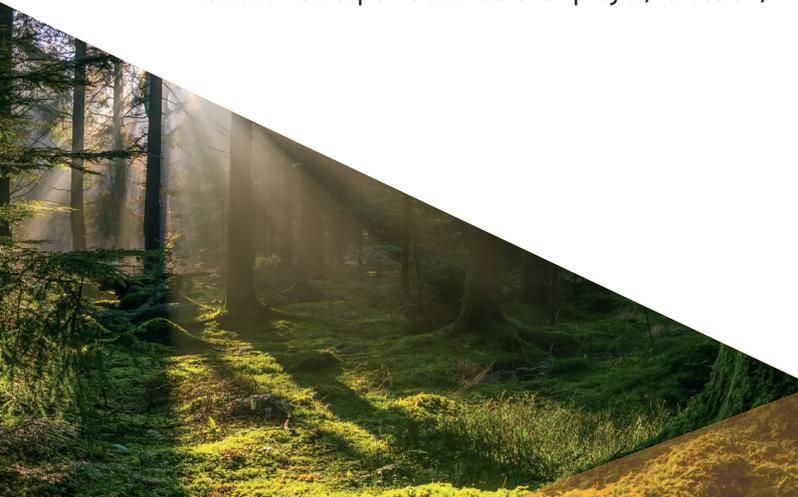
'I believe that he is calling us' – In the last few months to what work, prayer or service of others might God have been calling us?

Thought for the Day:

Scripture: 'Now faith is the assurance of things hoped for, the conviction of things not seen' (Heb 11:1).

Reflection: For many, their religious faith or their values have guided them like a beacon through the difficult experiences of 2020. Their faith and values have been a comfort and guide through the challenging times. Often their faith and values have spilled over into service of those who are vulnerable, those who are not as resilient as they'd like to be. It hasn't always been easy, but in faithfulness, creative ways through has been found.

Related Powerpoint available for prayer/reflection/meditation.





Additional Worksheet – Theme of Faith

Give your personal response to the following quotes on faith.

‘Faith gives you an inner strength and a sense of balance and perspective in life.’

– **Gregory Peck**

‘I believe in Christianity as I believe that the sun has risen: not only because I see it, but because by it I see everything else.’

– **C.S. Lewis**

‘Have faith; the Lord will not abandon you ... God is the light that illuminates the darkness, even if it does not dissolve it, and a spark of divine light is within each of us.’

– **Pope Francis**

‘God has not called me to be successful; God has called me to be faithful.’

– **Mother Teresa**

‘Now faith is the assurance of things hoped for, the conviction of things not seen.’

– **St Paul, (Heb 11:1)**
