

# What does faith mean?



## PRAY

### My Lord and my God!

You are so light. Nothing dark is in you. Let the light grow bright within me. Touch my heart, oh God! Dispel my doubts! Enlighten my thinking!  
Amen.



## CONTEMPLATE

One person reads the Bible passage aloud.  
Short silence.

**Exchange:** *What particularly appealed to you?*



## STUDY

1. Read YOUCAT text sentence-for-sentence. Then one person reads the text aloud in full.
2. Three minutes of silence.
3. Each person reads a word or phrase aloud (without comment) that he or she has noticed.
4. Explain briefly in the next round why you have chosen the sentence (e.g. memories, questions, etc.).



## DISCUSS

**Also discuss your own questions on this topic!**

**Treasure Book:** *Take five minutes to write down what you don't want to forget.*



## CHALLENGE

Our **CHALLENGES** are just suggestions you can make in addition to your study guide meetings. You can also replace them with stronger, more fitting, more original or better ones. Just let us know at [feedback@youcat.org](mailto:feedback@youcat.org).

**#YOUCATChallenge:** *Share your experience on Facebook or Instagram.*



## Mk. 9:22-24

"But if you can do anything, have compassion on us and help us." Jesus said to him, " 'If you can!' Everything is possible to one who has faith. "Then the boy's father cried out, "I do believe, help my unbelief!"

**22** *How does one go about believing?*

**Someone who believes is seeking a personal union with God and is ready to believe God in everything that he reveals about himself. [150–152]**

At the beginning of faith, there is often an emotional disturbance or uneasiness. The person senses that the visible world and the normal course of things cannot be all there is. He feels touched by a mystery and follows the traces that point to the existence of God and gradually finds the confidence to speak to God and finally to unite himself to him in freedom. In John's Gospel it says, "No one has ever seen God; the only-begotten Son, who is in the bosom of the Father, he has made him known" (Jn. 1:18). That is why we must believe Jesus, the Son of God, if we want to know what God wants to communicate to us. Believing, therefore, means accepting Jesus and staking one's whole life on him.

1. What does it mean for you "to believe in God"?
2. What is the difference between a believer and an unbeliever?
3. Why is faith more of a relationship to God than a teaching?
4. How can you strengthen your faith?

Design a postcard that will encourage someone to believe in God. Give your postcard to someone in your Studygroup.

Do you accept this challenge?

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