

Virtue of the Month: FAITH

“Faith is the realization of what is hoped for and evidence of things not seen.”

— Hebrews 11:1

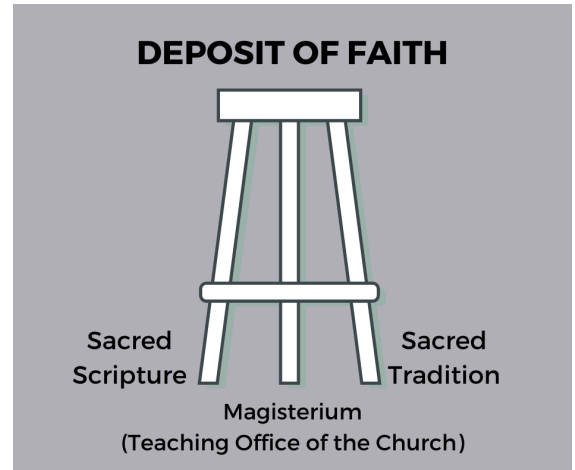
KNOW IT

Faith is the **theological virtue** that enables us to know God and all that He has revealed.

God wants us to know Him, so He reveals Himself to us—this is called **Divine Revelation**.

There are three ways through which Divine Revelation passes on the **Deposit of Faith** to us:

- **Sacred Scripture** (the Bible)
- **Sacred Tradition**
- **The Magisterium** (the Teaching Office of the Church)



Faith is a supernatural gift God gives to us in Baptism. We cannot earn it or win it—but we can guard it and nurture it! We guard and grow in it through:

- **Prayer** (which guards our hearts through living in communion with God)
- **Reception of the Sacraments**, especially the Eucharist and Reconciliation, which nourish our soul with His life and grace)
- **Study** of the truth contained in the Deposit of Faith

PRAY IT

Act of Faith

O my God, I firmly believe that you are one God in three divine Persons, Father, Son, and Holy Spirit. I believe that your divine Son became man and died for our sins and that he will come to judge the living and the dead. I believe these and all the truths which the Holy Catholic Church teaches because you have revealed them who are eternal truth and wisdom, who can neither deceive nor be deceived. In this faith I desire to live and die. Amen.

WAYS TO PRACTICE THIS MONTH'S VIRTUE

Watch the FAITH saint video. How does this Saint teach us about faith?

Pray the Act of Faith as a family.

Do you own a Bible and a Catechism? If you don't—add them to your library!

Talk about baptism. Ask your parents about your own baptism. Who was there?

Memorize the Scripture verse from Hebrews together.

Read Matthew 20:29-34. What happens when the blind men are given the eyes of FAITH?

Add a FAITH page to your lesson book. Illustrate it too!

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