

What Is Faith?

To ask the question “what is faith?” Is like asking the question who is God? There is no one answer, no real way to describe or explain it. So why ask the question “what is faith?” We ask questions in order to understand, in order to grow and in order to move forward. When we don’t know our way, we ask for directions. When we are unsure of what to do, we seek guidance. How can we grow in faith or even begin to understand our faith, if we don’t seek God’s wisdom and direction...we can’t!

Trying to understand our faith is never easy, some might even say impossible. But it is not impossible; it takes growth; it takes true communion with God; It takes prayer. We can also better understand our faith through the examples of each other’s faith.

Faith is to believe what you do not see; the
reward of this faith is to see what you believe.
Saint Augustine

Faith is the strength by which a shattered
world shall emerge into the light.
Helen Keller

Faith is taking the first step even when you don't
see the whole staircase. **Martin Luther King, Jr.**

To one who has faith, no explanation is necessary.
To one without faith, no explanation is possible.
Thomas Aquinas

What does the church say about faith?

“By faith, man completely submits his intellect and his will to God.”
(Catechism Catholic Church 143)

Faith is the realization of what is hoped for and evidence of things not seen. (Hebrews 11:1)

“We walk by faith not by sight” (2 Cor 5:7)

“Everything is possible to one who has faith.” (Mark 9:23)

When we say the words “I Believe”, we are saying I trust, I have faith. When we say the word AMEN we are saying Yes to God in faith. Let us ask ourselves: Is this the way I pray? Do I pray with faith and conviction? When I pray is it more than just words? Does my life reflect my faith in God? To have faith in God, is to trust God...To trust God, is to Love God.

**Lord grant me the strength to go forth without fear,
to live my faith as a witness of Your love!**