

## + Mentors in the Faith +



Faith can sometimes be a tough thing to describe to someone. It's not a physical object that can be measured or held in our hands. Nor can we do anything or pray in a certain way to put the virtue of faith within ourselves! It is, rather, a spiritual gift - a grace - given to us by God at the moment of our baptism. The Catechism tells us, "When St. Peter confessed that Jesus is the Christ, the Son of the living God, Jesus declared to him that this revelation did not come 'from flesh and blood,' but from 'my Father who is in heaven.' *Faith is a gift of God, a supernatural virtue infused by him.* 'Before this faith can be exercised, man must have the grace of God to move and assist him; he must have the interior helps of the Holy Spirit, who moves the heart and converts it to God, who opens the eyes of the mind and 'makes it easy for all to accept and believe the truth'" (CCC 153).

Have you encountered someone in your life that has been a witness of faith to you, someone who is close to Jesus and walks with Him everyday, in good times and bad? This could be a family member, friend, religious brother or sister, teacher, or maybe even someone you don't know too well. For this activity, spend a few minutes thinking of those people who have been examples to you of faith and genuine Catholic living. Take some time to think of how these people have inspired you to know and love Jesus better. Then on a separate page, choose one person and write a letter to them (you don't have to put your name on it if you don't want to). Affirm them for their virtues, the ways they live their faith, and lead you closer to Jesus. Be sure to send it to them somehow! It will make their day and encourage them to keep striving for holiness when they know that someone appreciates their witness for the Lord!

Person you are honoring:

---

How long have you known them?:

---

What actions of theirs show you that they believe in Jesus and they want to be his follower?

---

---

---

---

How do they lead you to want to know, love and serve Jesus better? Do they challenge you to change certain bad habits or think about your actions differently so you can be a better follower of Jesus too?

---

---

---

---

**(Now write your letter to them using the things you have written above!)**