



Believe!

On Christian Faith

Faith is God's gift that enables us to believe in Him, to trust and to act according to His truth. It is a firm, confident belief in what is hoped for, even when it is not yet visible, and a strong conviction in realities that cannot be perceived by our physical senses. Faith is neither a feeling nor a blind leap; it is a confident step into God's truth — “the acceptance of a truth on the authority of God revealing.” (Bishop Fulton Sheen)

Faith seeks to know. We desire to know the Christ in whom we believe so our faith grows. Given to us in Baptism, faith grows through prayer, reflection on Scripture, and reception of the Sacraments, especially the Holy Eucharist and Confession. When faith is alive in us, it brings about a deep sense of “knowing”, a certitude of mind and heart. This certitude moves us to entrust our lives to God and to seek His will, which is always for our good.

Faith is a divine gift that invites our response to God who reveals Himself in love. He gives us the grace to believe, yet we must freely cooperate with that grace — trusting His Word and acting upon it. When we want to believe but feel weak in faith, we can pray the words of Scripture: “Lord, I believe; please help my unbelief” (Mark 9:24).

As we commit to living our faith, it shapes how we live, how we pray, and how we see others. Faith is not static; it grows as we use it — as we continually align ourselves with God's plan. It moves us to act with love, hope, and courage, even when we may have uncertainty. Without nourishment, faith can weaken; but when we practice it through prayer and daily acts of trust, faith becomes a source of strength.

Faith opens our eyes to realities unseen. It enables us to see Christ in the poor, to trust His mercy in suffering, and to believe in His Eucharistic presence. Faith enlightens reason — not by destroying it, but by giving it new light, as Bishop Fulton Sheen wrote, like the sun revealing what was hidden in darkness. By faith, we recognize not only bread on the altar, but the living Christ who feeds our souls.

Saint Joseph offers one of the Church's clearest examples of lived faith. Though Scripture records none of his words, his actions speak profoundly. When God revealed His will through dreams, Joseph obeyed without hesitation, taking Mary his wife into his home (Matthew 1:20). He protected the Christ Child by fleeing to Egypt and served his family faithfully and humbly. Joseph trusted God even when he could not see the outcome. This is the heart of faith: obedience born from love.

Faith is also our strength in times of trial. It anchors us when the world feels uncertain, when evil seems to prevail, or when prayers appear unanswered. Through faith, we learn to say with confidence, “Jesus, I trust in You.”

As we grow in this supernatural virtue, we are called to live it out in daily life through charity. Saint James reminds us that “faith apart from works is dead.” Living faith forgives, loves, and serves. It moves us to care for others, especially those in need, and to witness to Christ in both word and action.

Faith is a necessary element in living a true life. Let us pray for deeper faith and the strength it brings. May we keep our eyes fixed on Jesus, trust in His promises, and follow the example of Saint Joseph with courage. When we believe and act accordingly, we are never alone; we walk in the light of God's truth and love.

“Let us keep our eyes fixed on Jesus, the author and perfector of our faith” who brings that faith to its ultimate completion.
(Hebrews 12:1-2)

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