



### WHO CAN I TRUST IN LIFE?

ANSWER IN YOUR OWN WORDS:

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**#21 FAITH-WHAT IS IT?** Faith is knowledge and trust. Faith is incomplete unless it leads to active love. Many people say that to believe is not enough for them; they want to know. This belief is much more than knowing; it means assurance.



**#308 WHAT IS HOPE?** Hope is the power by which we firmly and constantly long for what we were placed on earth to do: to praise God and to serve him; and for our true happiness, which is finding our fulfillment in God; and for our final home: in God. Hope is trusting in what God has promised us in creation, in the prophets, but especially in Jesus Christ, even though we do not yet see it.

**#478 WHY CAN WE BE CONFIDENT THAT OUR PRAYER IS HEARD BY GOD?** Many people called on Jesus during his earthly life for healing, and their prayers were answered. Jesus performed signs and miracles. The lame, the lepers, and the blind did not ask Jesus in vain. There are testimonies also of prayers answered by all the saints of the Church.

GOSPEL



ANSWERS

**JESUS SPOKE TO THEM, "TAKE COURAGE, IT IS I; DO NOT BE AFRAID."**

TALK ABOUT IT!

#### SAINTS & INSPIRATIONAL STORIES



##### ST ANTHONY OF PADUA

St Anthony is one of the most famous saints that people turn to when they lose something and often times he helps find it. It's a good example of how we trust the saints and holy men and women to lead us because we know they were good people. Goodness and trustworthiness go hand in hand.

##### FR FLANNAGAN



Fr Flanagan was a person who people could trust because they knew he was looking out for them and trying to help. He trusted God when doors were opened or closed in his life and he ended up changing so many lives.

#### TEAM DISCUSSION

WHAT DO YOU THINK ABOUT THE 4 PEOPLE IN THE BIBLE STORIES? HOW ARE THEY TRUST HEROES? HOW WOULD YOU DEFINE A HERO? WHY DO YOU THINK IT IS SO HARD TO TRUST GOD OR PEOPLE?