

YOUCAT STUDY GROUPS

Small Group YOUCAT India



YOUCAT INDIA



TOPIC:

YOUCAT 279

Why do we need faith and the sacraments in order to live a good, upright life?

Hebrews 11:6

And without faith it is impossible to please God, for whoever would approach him must believe that he exists and that he rewards those who seek him.



Why do we need faith and the sacraments in order to live a good, upright life?

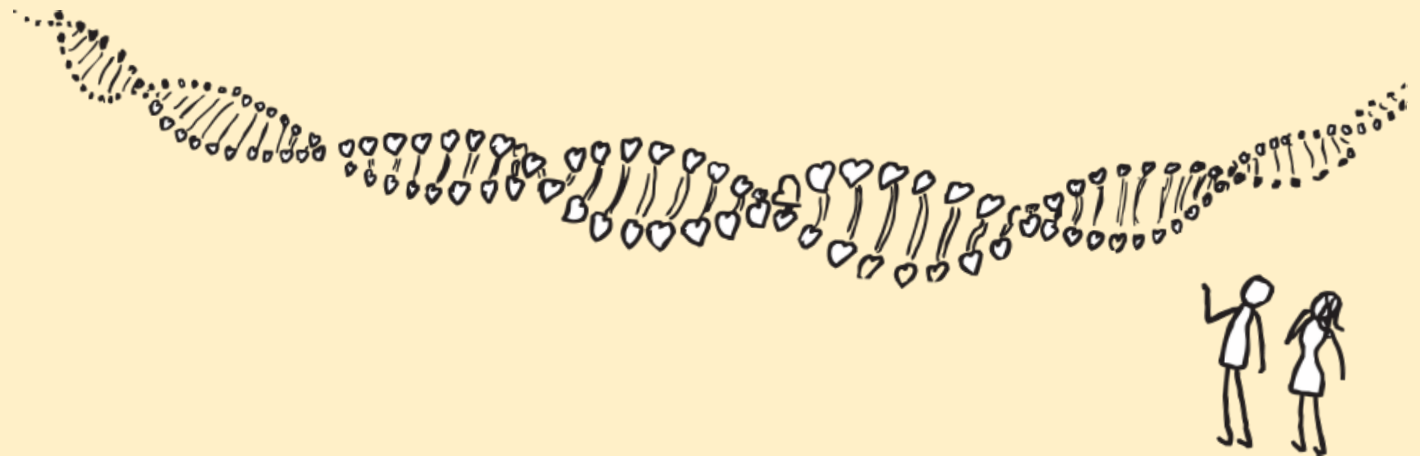
If we were to rely only on ourselves and our own strength, we would not get far in our attempts to be good. Through faith we discover that we are God's children and that God makes us strong. When God gives us his strength, we call this "grace". Especially in the sacred signs that we call the →SACRAMENTS, God gives us the ability actually to do the good that we want to do. [1691-1695]

Since God saw our misery, he "delivered us from the dominion of darkness" (Col 1:13) through his Son, Jesus Christ. He granted us the opportunity to make a new start in fellowship with him and to walk the path of love. [172-178]



SHARING TIME

1. How have the Sacraments given you direction to live out your faith?
2. Why is it important to know your faith (Catechism) and to grow in faith?
3. Who has inspired you the most in your faith-journey? What are you trying to follow in your life and how has it impacted your relationship with God and neighbour?
4. What do you do to grow in faith? Have you found some things that help you better than others?



ACTIVITY

Spend at least 30 minutes in Eucharistic Adoration everyday during this week. If you are unable to travel to a Church physically, join us for the Online Eucharistic Adoration which happens at 9:30 PM everyday. Link will be posted on the whatsapp group.

