

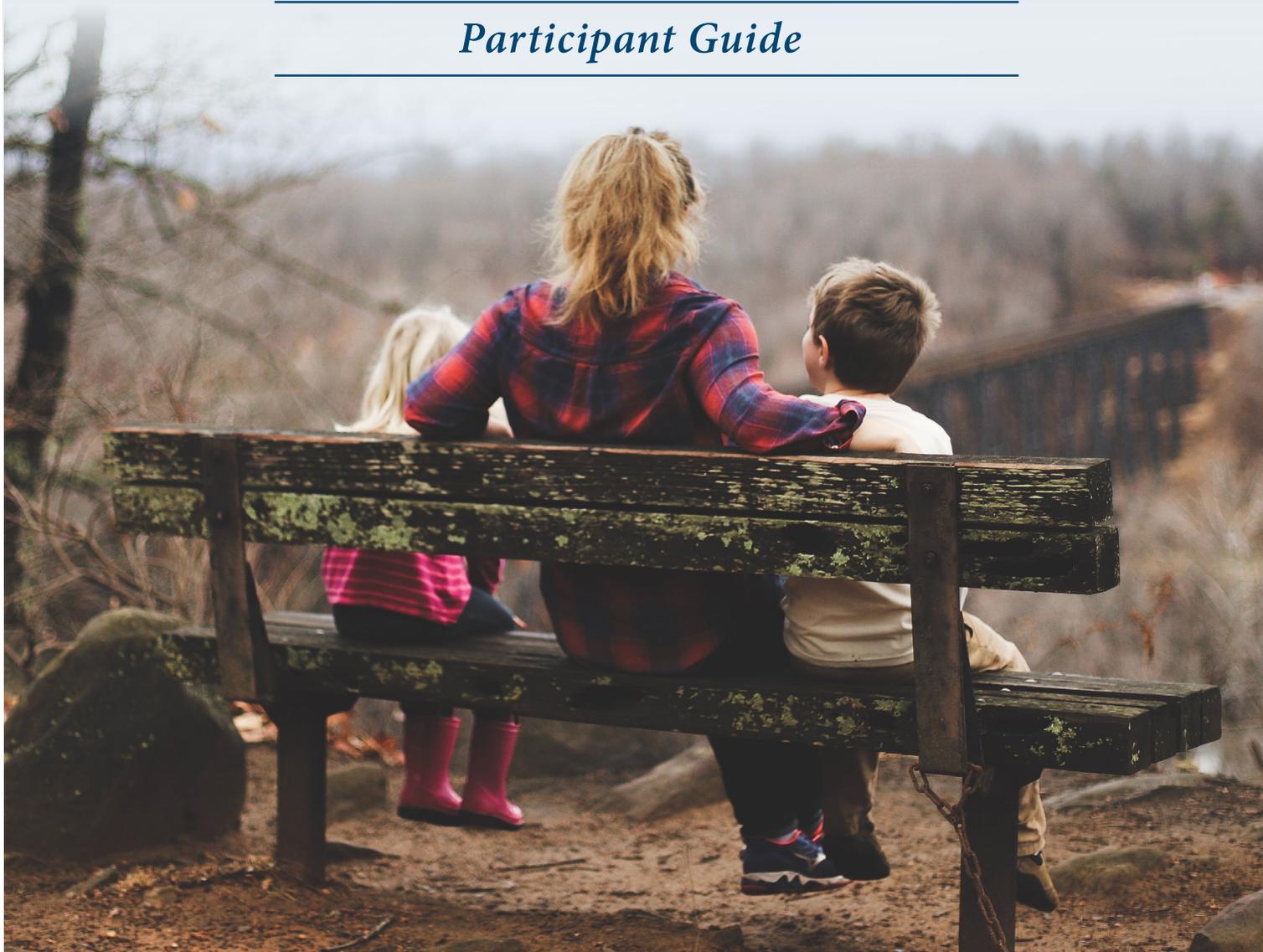
# VIRTUE GROUP

## *for Moms*

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*Participant Guide*

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# Session 3: FAITH

## PRAYER (5 min)

### INTRODUCTION & 90 SECOND CHECK IN (5 min)

“Faith is the theological virtue by which we believe in God and believe all that he has said and revealed to us, and that the Holy Church proposes for our belief, because he is truth itself. By faith ‘Man freely commits his entire self to God.’ For this reason the believer seeks to know and do God’s will.” (CCC 1814)

### READ MT 14: 22-33 JESUS WALKS ON WATER (15 min)

Then he made the disciples get into the boat and go before him to the other side, while he dismissed the crowds. And after he had dismissed the crowds, he went up into the hills by himself to pray. When evening came, he was there alone, but the boat by this time was many furlongs distant from the land, beaten by the waves; for the wind was against them. And in the fourth watch of the night he came to them, walking on the sea. But when the disciples saw him walking on the sea, they were terrified, saying, “It is a ghost!” And they cried out for fear. But immediately he spoke to them, saying, “Take heart, it is I; have no fear.”

And Peter answered him, “Lord, if it is you, bid me come to you on the water.” He said, “Come.” So Peter got out of the boat and walked on the water and came to Jesus; but when he saw the wind, he was afraid, and beginning to sink he cried out, “Lord, save me.” Jesus immediately reached out his hand and caught him, saying to him, “O you of little faith, why did you doubt?” And when they got into the boat, the wind ceased. And those in the boat worshipped him, saying, “Truly you are the Son of God.”

- **What did Peter do first? Second? Third?**
- **What was Jesus’ response?**
- **How can we apply this parable to our current situation as mothers?**

### READ MT 17: 18-20 (15 min)

And Jesus rebuked him, and the demon came out of him, and the boy was cured instantly. Then the disciples came to Jesus privately and said, “Why could we not cast it out?” He said to them, “Because of your little faith. For truly, I say to you, if you have faith as a grain of mustard seed, you will say to this mountain, ‘Move from here to there,’ and it will move; and nothing will be impossible to you.”

- **What does Jesus promise if we have faith?**
- **Can Jesus do the impossible? Do you believe this?**

### READ CCC 1816 (15 min)

The disciple of Christ must not only keep the faith and live on it, but also profess it, confidently bear witness to it, and spread it: ‘All however must be prepared to confess Christ before men and to follow him along the way of the Cross, amidst the persecutions which the Church never lacks.’

- **How would you explain faith to your children?**
- **How can we share the faith with our children in a time such as this?**

### THE TAKEAWAY & PRACTICE (10 min)

Below, write down one thing you learned in this session or one thing that is speaking to your heart.

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Pray the Apostles Creed daily & reflect on what you are confessing belief in. Consider praying it with your children

### PARTNER UP (rearrange partners) (5 min)

Take turns checking in daily with your partner via email, text, phone call (!) or face time. This can be a short (5 minutes is okay) check in to hold each other accountable and connect or a longer conversation.

### CLOSING PRAYER AND INTENTIONS (5 min)





