



# FAITH

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One Heart One Mind  
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# FAITH

- What is faith ?
- What are the obstacles to our faith ?
- How do we practice our faith ?
- What are ways of nurturing our faith ?
- What is the reward of practicing our faith ?



- The demands of daily life can drain us of our strength and rob us of joy that is rightfully ours in Christ, when we find ourselves tired, discouraged or worse.



There is a source from which  
we can draw power  
needed to recharge  
our spiritual batteries.

**That source is God.**



- Jesus is focused on us, the ones for whom He came, taught, suffered, died, and was resurrected.



- That part of Christ's ministry is over,  
but His work continues –  
Jesus is working for us now.



# What to believe means?

- Catholic Catechism (ccc.26)

Faith is man's response to God, who reveals himself and gives himself to man, at same time bringing man a super abundant light as he searches for the ultimate meaning of his life.



- A little faith will bring your soul to heaven, but a lot of faith will bring heaven to your soul.





## ***UNCOVERING OUR FAITH***

- Faith appears 250x in the New Testament.
- Faith is not a mere feeling, and it's more than just belief.  
Some think faith means trusting in something you can't see.
- It's so much more than that.  
Faith is “assurance” and “conviction”.



# Faith is “assurance” and “conviction”.

- Assurance = Confidence
- Conviction = Commitment to truth



- To believe in God is a great start, to have a relationship with Him is the way to live. Faith says, “I will do more than believe, I will live in a way that shows I believe.”

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- To define it with a handful of words:

*Faith means “to be convinced of truth and to live it that certainly”.*

*Faith in God means to know He’s there and to live it accordingly.*



- In other words, Faith is as much intellectual as it is emotional.



## What matters most ...

- Knowing that faith needs both your brain and your heart.
- Choosing to discover and value faith.
- Knowing there are plenty of reasons to believe and then acting on that knowledge.
- Seeing faith as a gift from God and refusing to waste it.
- Knowing that faith empowers, enables, and comes from a personal encounter with God.



## ***UNLEASHING THE POWER OF FAITH***

- Faith is more than a belief, it is a belief applied to thoughts and actions.
- It's more than feeling, more than hope, more than adopted principles, it is a choice of belief and behavior.
- Faith is a motion in power unleashed. Quoting St. James, Faith without action is dead.
- It is like a bridge, it is useless without crossing it. You become what God what God has meant you to be when you let your faith guide, motivate and empower your daily actions.



What matters most...

- Understanding that faith is more than a noun, it is a life changing verb.
- Action is one of the main ingredients in faith.
- Knowing that belief in your mind becomes faith in your heart, faith in your heart becomes faith in your day-to-day life.
- Every morning is an opportunity to exercise faith.
- Active faith changes a person, active faith also changes the world.
- The choice is yours to unleash the power of energetic faith. It is a choice only you can make.





What does **NOT** matter...

- Fear. The antidote to fear is faith.

Fear is emotion, faith is fact.

- Detractors. There are always those who find fault and offer criticism. Faith doesn't listen to them.
- Setbacks. Faith does not mean a perfect life. Faith is empowerment in difficulty. It is what gets you through.
- Questions. No one understands it all, but you can understand enough to believe and let that belief become vibrant, life-changing faith.
- Yesterday. You can utilize faith today, changing your view of your past and your hope for the future.



## ***HEAVEN: (The way it was meant to be)***

What matters most...

- Knowing that there is more beyond this life and that Christ made it possible.
- Believing that Christ is the key that unlocks heaven's door.
- Understanding that heaven is beyond description but not beyond experience.
- Choosing to see God's will done on earth as it is in heaven.
- Living today as if eternity is just around the corner



## ***HEAVEN: (More than a pie in the sky)***

What matters most...

- Recognizing the inward hunger for God and His heaven.
- Thinking beyond this moment, this day, this month and year, and beginning to think about the “long tomorrow”.
- Knowing that faith makes you a citizen in two worlds, one that last an eternity.
- The price of heaven was impossibly expensive, but Jesus paid it for you on the cross.
- Realizing the choice of faith not only changes your today, but also your eternal tomorrows.
- Matthew 6:20-21



## Matthew 6:20-21

- Instead, store up riches for yourself in heaven, where moths and rust cannot destroy, and robbers cannot break in and steal. For your heart will always be where your riches are.



## ***GOD'S WORD (The Source)***

- Looking for impact. The bible leaves its mark on those who come to it with a ready and open mind.
- Seeing the difference the bible has made in the lives of others.
- Seeing the difference the bible has made in the world.
- Remembering that the bible is inspired – God-breathed. God's love letter to us.
- The bible is true, accurate, honest, open, and full of truth you need.



## ***THE FUTURE (Living the Future in the present)***

- Seeing that God has a plan for you today and your tomorrow.
- Knowing that you may not know what the future holds but that you place your trust in God, who holds the future.
- Understanding that the present isn't all there is.
- Today gives birth to tomorrow, and the results of the decision you make now will be you in the future.
- Doing all you can with what you have and leaving the rest to God.



Concluding:

## **Catholic Catechism (CCC.27)**

- The desire for God is written in the human heart, because man is created by God and for God, and God never ceases to draw man to himself. Only in God will he find the truth and happiness he never stops searching for.



***Faith is like a muscle,  
it needs exercise.***

**# 1 “I will look upward.”**

Faith must be aimed, and since God is the originator of faith. He is the object of faith. *Start with Him, continue with Him, end with Him.*

Make a commitment today to include God in your decision making, choosing several areas to exercise your faith.





***Faith is like a muscle,  
it needs exercise.***

**# 2: “I will look inward.”**

Faith resides in your heart and mind.  
Give it thought so that it roots in the  
brain, commit to it so that it grows in your  
heart.

What is keeping you from embracing  
faith today?



***Faith is like a muscle,  
it needs exercise.***

**# 3 “I will look outward.”**

Faith not only changes you, but also affects those around you: family, friends, fellow employees, clients – everyone you meet.

List the areas where you can apply faith to your public life.



***Faith is like a muscle,  
it needs exercise.***

**# 4 “I will look onward.”**

Faith changes you one day at a time.  
The future is always brighter with faith.

What commitment can you make today to  
move you forward on the path of faith?



# Prayer :

May God bless us continually with greater faith and grace to practice it in our daily actions.