

# Faith Formation Family Resources



## FAITH

Faith is what will guide you this year in learning to integrate the life of Christ into every aspect of your life and form virtuous habits. Therefore, let us begin by pondering faith itself.

*“Faith is the realization of what is hoped for and evidence of things not seen. By faith we understand that the universe was ordered by the word of God, so that what is visible came into being through the invisible.”*  
*Hebrews 11:1-3*

Faith is believing and trusting in what God has promised, even though we cannot see it.

If a total stranger promised to buy you an ice cream cone, would you believe him? You cannot see the ice cream cone, but he promised to buy you one. But since you do not know him, trusting that he will buy you one might be a little hard. On the other hand, if your best friend promised to buy you an ice cream cone, it would be much easier to believe them and trust that they would do it, because you know them. It is the same with God. When you come to know Him, you learn to trust by faith that what He has promised He will do.

### **Seeing the Invisible Activity:**

#### **Items Needed:**

- A small balloon
- A packet of yeast
- Sugar
- One clean 16-ounce or smaller clear soda bottle
- Water

#### **Directions:**

- Blow up the balloon and let it deflate several times to give the balloon some stretch.
- Fill the bottle with one inch of warm water.
- Add the yeast and gently swirl for just a few seconds.
- Add sugar and swirl again.
- Stretch the neck of the balloon over the neck of the bottle.
- Let sit for about 20 minutes.

#### **What's Happening?**

When yeast dissolves, it changes the sugar and water into carbon dioxide gas. Since carbon dioxide takes up more space than both solids and liquids, the pressure in the bottle increases and forces the gas out of the bottle and into the balloon.

Although we cannot see the carbon dioxide gas, we know it is there because of the effect it had on the balloon. We know God in a similar way. We cannot see Him, but we know He is there and that He exists because of the effect He has on everything around us. Our hearts beat, our lungs fill with air, flowers bloom, the sun rises and sets, the stars shine in the heavens all because God is in heaven, keeping His entire Creation running in perfect order. Sometimes it may seem difficult to believe in something you cannot see, but we do not have to see to believe. God is always there. He never rests. He is always working. He is doing everything He can to save you. Trust Him and let Him guide you on this beautiful journey of the life in Christ!

# Our Lady of the Rosary

The month of October is dedicated to the Rosary.

“In praying to Mary, we are praying to Christ. To the question, ‘why honor Mary?’ Pope Paul VI told us that Mary was to be honored and imitated because in her own life she fully accepted the will of God and did it. Mary placed her whole self at the service of God.

The story of the feast of Our Lady of the Rosary is an interesting one. Pope Pius V was having trouble with the Ottoman Turks, who were a real danger to Christianity. After months of disagreements and bickering, he was able to unite Spain, Venice, and the States of the Church in a naval expedition to fight them. The day of the battle at Lepanto, 1571, the Rosary Confraternity of Rome was meeting at the Dominican headquarters. They knew the Christians needed a victory badly. The group recited the rosary for the special intention of the Christians at battle. The Turks were defeated. People believed it was the intercessory power of the Blessed Virgin that won the victory. Pope Pius V dedicated the day as one of thanksgiving to Our Lady of Victory! It was Pope Gregory XIII who changed the name to the feast of Our Lady of the Rosary”

## **Additional Suggestion to celebrate Our Lady of the Rosary:**

- Have each member of the family choose one of the mysteries to learn more about.

Did you know that there are four sets of mysteries of the Rosary? Twenty mysteries in total.

- [Click here to learn how to pray the Rosary!](#)
  1. The Joyful
  2. Sorrowful
  3. Luminous
  4. Glorious

Children could draw a picture of their mystery; teens might simply read about it.

Have each member of the family take time to explain what they learned about their mystery.

**Resources adapted from: Saints and Feast Days by the Sisters of Notre Dame of Chardon, Ohio**