

Discipleship Take Home Packet

For October 24th-November 7th, 2018



Virtue of the Month: Hope

Trusting in God's Plan for the Future

God gives us the capacity to Hope in Him, but we must work to strengthen this virtue in our lives. One of the best ways to do this is to actively trust Him with the things that we worry about by praying for God's help and then allowing Him to help us. Like the pop song "One Call Away" by Charlie Puth can remind us, God is waiting for an opportunity to show His deep love for us. He wants to save us and to have us recognize that we can rely on Him.

After you pray for help, the hardest part comes next—trust. Let go of the anxiety and give your fears to God. Read Psalm 127 about trusting God with your work and your daily needs. The beautiful psalm reminds us that God gives good gifts to his beloved even while they sleep. This doesn't mean that you stop working to solve your problems, but that once you've done all that you can do, the rest is up to God. He can be trusted. In fact, if you pray for help He may work to show you a solution you've never thought of before. Thank God ahead of time for helping you. Like a Father helping his child with homework, work with God to find the answer. The more you do this, the stronger your virtue of Hope will become. If you still find it difficult to trust that God will help you, take some time to write down the times when God has already come to your rescue. When you reflect on His past faithfulness, it will give you the confidence to trust Him with your future.

Prayer

Come, Holy Spirit, open our minds and hearts to receive God's word. We ask this in the name of the Father, and the Son and the Holy Spirit. Amen.

Read aloud: Psalm 91

Discussion:

Do you trust God to take care of you?
What was the last thing you worried about?
Did you pray and ask God for help? Why or why not?



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Saintly Example

All the Saints

On November 1st we celebrate All Saints Day. We recognize all those who lived and died for Jesus throughout the centuries. The saints remind us that God is our true hope and that as long as we remain connected to Christ, we will see the glory of heaven.



While anyone who is in a state of grace is technically a “saint,” the word saint usually refers to someone who has died and is safely in heaven. While saints in the early Church were recognized by their reputations for holiness and the number of people who asked them for prayers, the Church today has a more extensive process for declaring someone a saint. This is called the canonization process.

First, the person’s life is examined to see if they were holy. This begins at the local level where the bishop decides if a case for canonization should be opened. If he finds that the person did live a holy life, he sends their file to the Vatican. If the Vatican decides to look into the person’s life too they can be called *Servant of God*. If the Vatican investigation shows that the person was very holy, they are given the title *Venerable*. Now the Church waits to see if a miracle can be attached the person *after* they have died. This would be proof that the person is indeed in heaven. If a miracle can be found, they are given the title *Blessed*. If a second miracle can be found after that, the person will be declared a *Saint*.

The Saints are important to Catholics because they can inspire us to live for Jesus Christ and to be virtuous people. Saints come from all backgrounds—rich and poor, young and old, married and single, priests and religious. We can get to know saints and ask them to pray for us when we need help. Like our friends on earth, saints can be our friends in heaven.

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Prayer Activity: Growing Our Hope

For each day, grow in your hope by reading the scripture and reflecting on the question. Then do the action for the day.

10/25: Read John 5:6. Do you want real Hope in your life?

10/26: Read Romans 5:5. Why is it so important to have hope? Compliment someone today.

10/27-10/28: Go to Mass. What do you need from God today? Ask him for what you need and thank him in advance for meeting your needs.

10/29: Read Jeremiah 29:11. Do you have any worries about your future? Pray and ask God to take care of those worries.

10/30: Read Romans 8:24-25. How are patience and hope related? Are you a patient person? Ask God for patience. Then be patient with someone today.

10/31: Read Romans 15:13. What would it look like for your life to overflow with hope? Make someone smile today.

11/1: Today is All Saint's Day. Go to Mass and ask the saints to help you have more Hope in Christ, especially when life is difficult.

11/2: Today is All Souls Day. Light a candle for someone you love who has passed away and pray for them. With a spirit of hope, place them in Jesus' hands.

11/3: Read 2 Corinthians 4:17-18. Are you focused on what is eternal or do you think more about temporary things? Speak to God about this.

11/4: Read Colossians 3:1-2. What is the most important thing that you live for? Talk to God about it.

11/5: Read Luke 18: 35-43. What has God done for you already? Make a list of blessings.

11/6: Read Isaiah 40:31. How do you feel when you are filled with hope? How can you share that feeling with someone else today?

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