

# FAITH IN ACTION

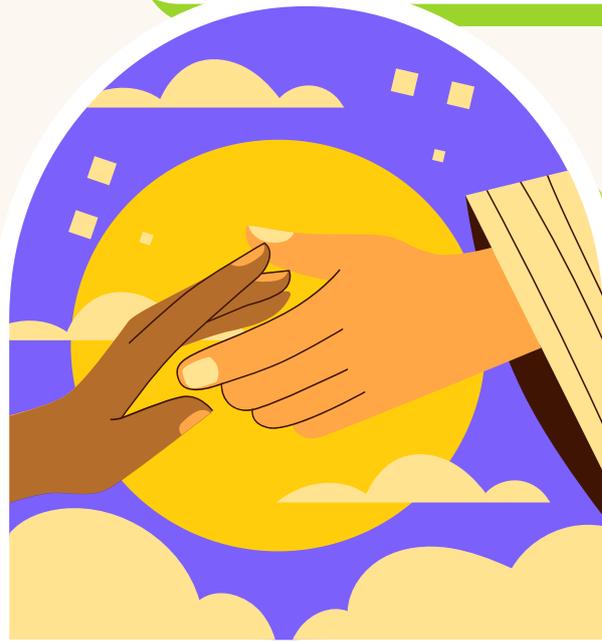
## WORD OF THE WEEK

A READING FROM THE LETTER OF ST JAMES

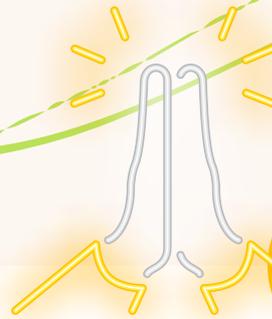


What good is it, my brothers and sisters, if someone claims to have faith but has no deeds? Can such faith save them? Suppose a brother or a sister is without clothes and daily food. If one of you says to them, "Go in peace; keep warm and well fed," but does nothing about their physical needs, what good is it? In the same way, faith by itself, if it is not accompanied by action, is dead. But someone will say, "You have faith; I have deeds." Show me your faith without deeds, and I will show you my faith by my deeds.

JAMES 2: 14-18



**FAITH  
HOPE  
LOVE**



## PRAYER FOR THE WEEK

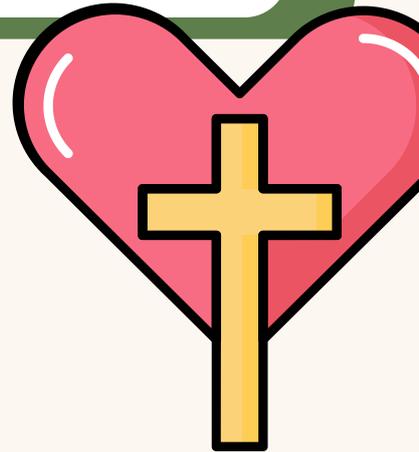
Dear God,  
Strengthen our faith and remind us that true faith is shown through love in action. Help us not only to believe but to live out our beliefs each day, serving others with kindness and humility. May we be bold in our actions, reflecting Your love in all that we do. Let our lives be a testament of faith that moves and transforms, as we follow the call to make a difference in this world.  
Amen.



## BEYOND WORDS

Faith is more than words we say,  
It's what we do from day to day.  
Not just a promise, bold and bright,  
But kindness shown, and wrongs made right.

Empty talk can never heal,  
But actions prove our faith is real.  
So give with love, lift those who fall—  
For faith without works is nothing at all.



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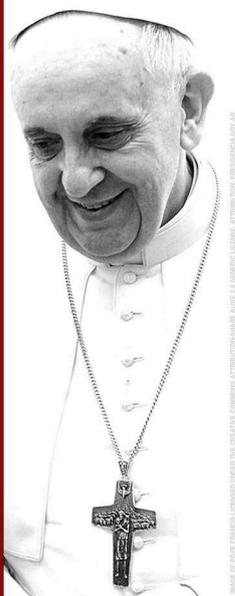
Faith in Action is all about living out what you believe in everyday life. It's not just about going to church or praying—it's about showing kindness, helping others, and standing up for what's right, even when it's tough. Through this journey, we learn that faith is active; it pushes us to step outside our comfort zones and make a difference. Whether you're volunteering, supporting a friend, or standing up for justice, every action reflects the love and values we hold deep in our hearts. It's a reminder that small acts of kindness, done with great love, can truly change the world.

## TAKE A MOMENT

In a moment of silent prayer reflect on these questions:

- Think of a time when you have seen faith in action.
- Can you think of specific ways your faith leads you to help others?
- Are there times when you feel like you believe in something but find it hard to take action? What obstacles keep you from living out your faith in practical ways?
- Do you believe serving others can deepen your faith?

**DEAR YOUNG PEOPLE,**  
DO NOT BURY YOUR  
**TALENTS,**  
THE GIFTS THAT  
**GOD**  
HAS GIVEN YOU!  
DO NOT BE AFRAID  
TO DREAM OF  
**GREAT THINGS!**  
POPE FRANCIS



## CATHOLIC SOCIAL TEACHING

Catholic Social Teaching (CST) is a set of ideas from the Catholic Church that helps us understand how to treat others and make the world a better place. It teaches us that every person is important, we should help those in need, and we should work together to make sure everyone is treated fairly. CST also encourages us to care for the Earth and make decisions that help everyone, not just ourselves. It's all about loving our neighbours and taking care of our world, just like Jesus taught us to do. The principles of Catholic Social Teaching are very clear ways in which we can put our faith into action.



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