

Faith in Action

Word of the Week: James 2: 14-18

“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”.

Word of the Week

This week we learn that our faith must be demonstrated through our actions. Jesus tells us that it isn't good enough just to talk about our faith and use words to make ourselves sound good. Instead, we must act upon the words we speak. It is so easy to say the right thing, and sound as though we are the best thing. The difficulty is making our words happen. If we only speak about helping others and do nothing about it, we are hypocrites. We need to practice what we preach – this is what Jesus is telling us.

And this is what we can do this week as we launch the Faith in Action Award. We can live out our faith in actions as small or as large as we want them to be. When we put our faith into action we live out Catholic Social Teaching – something that should be at the heart of everything we do.

We have a duty to treat others with dignity, work in solidarity with our brothers and sisters across the world, and care for the common good. We have a duty to live by these principles and always strive to be the best that we can be and do the best for others.

When we follow in the teachings of Jesus we make a real difference in the world. Let us continue to make a difference in everything that we do, in the words that we speak, when we put our faith and beliefs into actions.

Actions for the Week ahead:

- *Do one small act of kindness every day
- *Go to lunchtime Mass on Friday
- *Compliment a classmate
- *Offer to carry a teachers' books or bags if you see them struggling
- *Make an anonymous card for someone telling them how great they are and why
- *Show compassion and mercy to those who may annoy you
- *Go through your wardrobe and donate old clothes to charity
- *Pray for peace



“Beside the good of the individual, there is a good that is linked to living in society: the common good. It is the good of ‘all of us’... To desire the common good and strive towards it is a requirement of justice and charity.”

Pope Benedict XVI



Prayers for the Week

Lord Jesus,

You came not to be served, but to serve. Help us to follow Your example by putting our faith into action. Open our eyes to the needs of others, our ears to their cries, and our hearts to respond with compassion and courage. May our hands be instruments of peace, and our lives reflect Your love in all we do. Amen

Heavenly Father,

Thank you for calling us to be a light in this world. Help me to boldly live out my faith every day at school, at home, and in my community. Grant me the courage to stand up for what is right, the compassion to serve others, and the strength to follow Your Word in all areas of my life. May my actions and words reflect Your love and hope. Amen

Lord Jesus,

You call us to be Your disciples in the world today. Help us to live our faith not just in words, but in the way we treat others. Give us courage to stand up for what is right, kindness to reach out to those in need, and joy in serving You through our actions.

Amen.

Reflection for the week ahead

Do my actions correspond with the words I speak?

Am I a hypocrite? Do I say one thing yet do another?

Do I make a difference to others in my life?

Do I act justly and with fairness at all times?

Am I selfless?

Do I live out my faith? How? What do I do? Can I do more?

Do I pray for the needs of others and not just for myself?

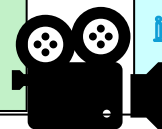
Do I treat everyone with dignity and respect?

Am I peaceful? Do I show compassion and mercy to those around me?

An easy guide to Catholic Social Teaching Principles



**Catholic Social
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Catholic Social Teaching

Our faith calls us to love God and to love our neighbours in every situation, especially our sisters and brothers living in poverty. We should follow in the footsteps of Jesus and hope to make present the justice, love and peace of God in our unjust and broken world. We can do this in many ways, through prayer, giving to charity, making our voices heard and standing up for what is right. We are called to work for the good of each and of all.

If you want to discover more about CST and look at what CAFOD do to promote CST around the world, go onto the CAFOD website and type in 'Putting CST into practice'. Here you will find a number of PowerPoints that show faith being put into action.