

# What is Faith?

## Teaching:

- For Grades 6-8 and adults, watch the [3-Minute Catechism: What does it mean to “believe in God?”](#)
- For Grades 1-5, watch the [Kids Animated Scripture Lesson: Faith is the Evidence of Things Not Seen](#)

**Ultimately, faith is our response to God’s love. How will you respond to the love that God has given (and continues to give) you?**

## Picturing My Faith

Watch this [video](#) from the Skit Guys together. Then go for a walk with your cell phone or camera. Individually find something on your walk that shows you what it means to believe in God and take a picture of it. Once everyone has taken a picture of something, spend some time together sharing your pictures and explaining how what is pictured in the photo connects to your faith in God.



## The Power of Faith

Saint Mother Teresa of Calcutta describes our faith in this way:



*“Often you can see power lines running alongside the street. Unless current is flowing through them, there is no light. The power line is you and I! The current is God! We have the power to allow the current to flow through us and thus to generate the light of the world: JESUS—or to refuse to be used and, thus, allow the darkness to spread.”*

**\*\* Individually, or as a family, decide on at least one way you are going to share your faith this week.\*\***

## Faith is about Trust



We can learn information about God, but faith is knowing God on a deeper level—it is about a relationship. Though faith is about trusting God who we cannot see, God works through people, places, events, and things to show us that he is present in our lives. Find the instructions for a trust fall [here](#) and do the activity as a family. Then talk about the following questions: 1) What was it like to be the person falling? 2) How much more difficult would it have been to do the activity with someone you didn’t know? How is that similar to faith?

## The Story of Noah, a Person of Faith

Read the story of Noah (Genesis, chapters 6-9) or watch the short [video](#) for children about Noah. Then discuss the following questions as a family:

- 1) Noah must have had a deep faith in God to be building the ark over so many years. What do you think it was like for Noah while he was building the ark? What do you think people thought of him (living in the desert worried about a flood)?
- 2) God challenged Noah to be faithful by building an ark in the desert. How is God calling you to be faithful today?



Pray one of these Scripture verses during the next week to strengthen your faith:

Faith is the realization of what is hoped for and evidence of things not seen. - Hebrews 11:1

Whatever you ask for in prayer with faith, you will receive. - Matthew 21:22

Let your hope keep you joyful, be patient in your troubles, and pray at all times. - Romans 12:12