

Teacher's Guide: Faith – Seeing with the Eyes of God

A 1-hour Catechetical Session for Youth (Ages 12–15)

Purpose

This catechetical session helps students understand the virtue of **Faith** through Scripture, the *Catechism of the Catholic Church (CCC)*, and the thought of **St. Thomas Aquinas**. The focus is to show that faith is not blind but a gift that involves trust, understanding, and love.

Session Outline (60 minutes)

- **1. Welcome & Opening Prayer (5 min)** – Introduce faith as trust in God.
- **2. What Is Faith? (10 min)** – CCC 144–166, 169–171.
- **3. Faith and Reason (5 min)** – CCC 159, Thomistic harmony.
- **4. Faith in Action (10 min)** – James 2, Matthew 25.
- **5. Faith in the Word of God (8 min)** – CCC 65–84, 125–127.
- **6. Faith in Jesus (8 min)** – John 14, Luke 1, Matthew 14.
- **7. Faith Tested and Grown (8 min)** – Hebrews 4, Romans 5, CCC 164.
- **8. Faith and Freedom (4 min)** – CCC 2106.
- **9. Closing Prayer & Reflection (2 min).**

1. 1. Welcome & Opening Prayer (5 min)

Prayer: “Lord Jesus, increase our faith. Open our minds to know You, our hearts to love You, and our hands to serve You. Amen.”

Icebreaker: Ask, “What’s something you believe in even if you can’t see it?” (wind, love, Wi-Fi, friendship). Lead students toward faith as trusting God even when unseen.

Scripture: John 20:29 – “Blessed are those who have not seen and yet believe.”

2. 2. What Is Faith? (10 min)

CCC References: 144–166, 169–171.

Faith is man’s response to God who reveals Himself. It is both personal and communal.

Scripture: Romans 10:17 – “Faith comes from hearing, and hearing through the word of Christ.”

Aquinas Insight: Faith is an act of the intellect moved by the will under God’s grace. It unites knowledge and love.

3. 3. Faith and Reason (5 min)

CCC 159: “Faith and reason are like two wings on which the human spirit rises to the contemplation of truth.”

Aquinas teaches that reason helps us know God exists; faith helps us know who He is. Faith perfects reason, not replaces it.

4. 4. Faith in Action (10 min)

Scripture: James 2:17, James 2:24, Matthew 25, Matthew 7:20.

Faith without works is dead. True faith leads to love and action.

Aquinas: “Faith without charity is like a lamp without a flame.”

Activity: Invite each student to write one way they can show faith through love this week.

5. 5. Faith in the Word of God (8 min)

CCC References: 65–66, 82, 84, 88, 125–127.

God’s revelation is complete in Jesus Christ. Scripture and Tradition form one sacred deposit of faith. The Gospels have a central place.

Scripture: Hebrews 4:12; 2 Timothy 3:15.

Invite youth to share a verse that strengthens their faith.

6. 6. Faith in Jesus (8 min)

Scripture: John 14:6; John 8:32; Matthew 14:29; Luke 1:38; John 1:5.

Faith is a relationship with Jesus, not just belief in ideas.
Peter walked on water when he trusted Jesus—faith means keeping your eyes on Him.

Activity: Ask: “What does keeping your eyes on Jesus look like in your daily life?”

7. 7. Faith Tested and Grown (8 min)

Scripture: Luke 23:33–43; Romans 5:1; Philippians 4:19; Genesis 22:7.

CCC 164: Faith is tested when God seems silent.

Aquinas: Faith grows stronger through trials, as fire purifies gold.

Discussion: Share moments when trusting God was hard but led to peace.

8. 8. Faith and Freedom (4 min)

CCC 2106: “The human person must be free to profess faith.”

Faith is a free act; love cannot be forced. Ask: “Why does freely choosing faith matter?”

9. 9. Closing Reflection & Prayer (2 min)

Prayer: “Lord, give me the faith of Mary, the courage of Peter, and the love that makes faith come alive. Amen.”

Encourage students to nurture faith through prayer, learning, and love.

Homework Assignment

Reflect on or write about any 5 of the following 15 Scripture or Catechism passages. For each, answer:

What is God teaching me about faith here? How can I live this truth this week?

1. Matthew 7:7
2. John 10:10
3. John 1:12
4. John 3:36
5. 1 Corinthians 13:13
6. Romans 1:25
7. Isaiah 3:2
8. John 11:13
9. CCC 29

10. CCC 144
11. CCC 157
12. CCC 159
13. CCC 164
14. CCC 166
15. CCC 2106

Teaching Tip

Faith grows by prayer, study, and living love. Encourage youth to explore Scripture, ask questions, and connect faith with their daily experiences.