

# Mindful Mondays

An invitational and thought-provoking gift to share with your family:



One day Jesus' friends, the apostles, said to him, 'Please increase our faith. Make our faith grow stronger.' So, to help them understand how small their faith really was, and how real faith helps us to do amazing things, Jesus said to them, 'If your faith was the size of a tiny mustard seed, you could do astonishing things. You could even tell this mulberry tree to pull itself out of the ground, roots and all, and to plant itself in the sea, and the tree would obey you!'

Having faith is to believe and trust in God's love for us. Faith is one of the greatest blessings – it is a gift to be shared. The Church exists to help people grow in their faith, all the time.

## Prayer

Dear Lord,

Please increase our faith and move us to action– sharing God's love with everyone we meet.

Amen



## Act **Agents of CHANGE**

Faith greatly enriches our lives and helps happiness and love grow in our families. What does the word 'faith' mean to you? Who do you turn to in times of trouble? How can you work together to help your faith grow? Think about praying together, sing together or worship together to ask God to guide you to grow in faith and love.