

## Got Faith?

by Martha Fernández-Sardina

"The obedience of faith is to be given to God ..To make this act of faith, the grace of God and the interior help of the Holy Spirit must precede and assist, moving the heart and turning it to God, opening the eyes of the mind and giving 'joy and ease to everyone in assenting to the truth and believing it.' To bring about an ever deeper understanding of revelation the same Holy Spirit constantly brings faith to completion by His gifts."—Dei Verbum 5

Obey? Beginning in the "terrible twos"—and again as teens struggling to believe in our parents' and leaders' authority—we ask, "Why should I?" As we mature, though, we learn that they have more knowledge and wisdom than we do, and that life is full of "acts of faith."

We trust the law of gravity and the law of sowing and reaping. We realize that truth deserves a joyful assent of faith without fear or regrets. Revealed truth about God and salvation, marriage and sexuality, family and procreation, and the common good and the dignity of every person can and must be believed and obeyed.

"Why should I?"

"Because the guarantor of truth is God who reveals himself and allows us to know his mystery of love" (Benedict XVI: Porta Fidei, 10). God loves us more than any earthly parent ever could. The Year of Faith is "a path intended to help us understand more profoundly not only the content of the faith, but also the act by which we choose to entrust ourselves fully to God, in complete freedom."

### Action Step

Got faith? Get faith. Bring all your questions, doubts, fears, and failings before God. Trust fully. Accept freely. Adhere and assent obediently. You will not regret it.