

Some Suggestions for Sharing Faith

...in Your Home

- ✚ Display symbols of faith around your home, e.g. Crucifix, Holy Water Font, Religious images, Advent Wreath...
- ✚ Remember & celebrate anniversaries: Baptism, Marriages and Death. Recite a prayer with the family.
- ✚ Pray before/after meals.
- ✚ Try to have a family prayer each day, before bedtime, after evening meal, in the car before school drop off.
- ✚ Learn and pray the Rosary as a family.
- ✚ Buy religious magazines/newspapers for the home.
- ✚ Support Trócaire during Lent as a family.
- ✚ Think about others who are less fortunate.
- ✚ Discuss current affairs/issues and what our faith/Gospel says to them.
- ✚ Own a bible and read Bible stories as a family.
- ✚ Show by your example how faith and its practice is important, e.g. living by your confirmation gifts and fruits of the Spirit, being in time for Mass, blessing yourself when passing a church, graveyard or funeral. Blessing yourself with holy water when leaving the house.

...in Your Parish

- ✚ Find out what is happening in your parish and get involved in a parish group, e.g. John Paul II awards for young people, scripture sharing...
- ✚ Inform yourself about your faith. Go to any talks/workshops in your parish.
- ✚ Support parish and diocesan initiatives and tell others about them.
- ✚ Drop in to the church and spend a little time in prayer.
- ✚ Read spiritual books. Join or set up a parish book club.
- ✚ Connect with a Catholic website, e.g. kandle.ie, sacredspace.ie, proclaim15.org.
- ✚ Use religious language and phrases, e.g. 'God bless you', 'God bless the work' 'God is good'...
- ✚ Join with fellow parishioners in celebrating Sunday Mass.
- ✚ Help in delivering the parish calendar/magazine to houses and be ready to tell people about your parish.
- ✚ Change where you sit in the church from time to time and get to know other parishioners.
- ✚ Befriend non-Catholic families through social events.

...in Your Workplace/School /College

- ✚ Wear a cross or symbol of your faith.
- ✚ Respect other people's religious beliefs.
- ✚ Be ready to talk about why Jesus/Faith is important in your life.
- ✚ Be ready to explain the meaning of special times, e.g. Ash Wednesday, Lent, Good Friday, Easter, Christmas, and why we celebrate/observe them.
- ✚ Always be honest and fair at work.
- ✚ Be encouraging and positive and never indulge in gossip or backbiting.
- ✚ Pray before making decisions at work/school/college that will affect others or yourself.
- ✚ Offer a prayer for another when sad or distressing news is shared.
- ✚ Send a Mass Card when a colleague has a family bereavement.
- ✚ Remember to give a few moments to pray at work/school/college.
- ✚ Invite others to events in your parish.
- ✚ Never be afraid to show your faith in front of others.
- ✚ Continue to pray before meals, even if out with a group of colleagues/friends.

"Remain steadfast in the journey of faith, with firm hope in the Lord. This is the secret of our journey! He gives us the courage to swim against the tide"

Pope Francis, Jan.14 2016 for the Jubilee of Boys and Girls.

Top Tips for Sharing Your Faith*

- ✚ Become more aware of God's presence in your life.
- ✚ At the end of your day write down a sentence on how/where you met God today.
- ✚ Ask the Holy Spirit to help you speak about your personal faith.
- ✚ When the opportunity arises, use simple words and be aware of the person to whom you are speaking.
- ✚ Talk personally and avoid telling others what to do.
- ✚ Don't be afraid to be vulnerable; we all have struggles. Sharing how God has or is helping us can give others hope.
- ✚ Remember you don't have to share anything that makes you feel uncomfortable. Be aware, also, of how the other person is responding.
- ✚ Remain true to yourself and be genuine in your communication.
- ✚ Listen and give the other person a chance to share or ask questions.
- ✚ Be joyful in your faith in Jesus. There may be plenty of things to give out about but joy is always more attractive to others.

*Top Tips adapted from www.Proclaim15 with kind permission of the Catholic Bishops' Conference of England & Wales.

Share the JOY OF THE GOSPEL

Pope Francis has invited us to share the Good News of Jesus with others.

He's given us a lot of practical ideas about how to do this.

In this leaflet you will find suggestions to help YOU personally become part of sharing the *joy of the Gospel*.

These suggestions aren't intended to limit our efforts. They might serve as triggers to other ways not even mentioned here.

We can share our faith with others in

- ✚ OUR HOMES
- ✚ OUR PARISHES
- ✚ OUR WORKPLACES/
SCHOOLS/COLLEGES

in fact anywhere we find ourselves with other human beings!

Produced by the Taskforce for Education and Evangelisation, Diocese of Kildare and Leighlin.

SHARING OUR FAITH EVERYDAY

A Practical Guide



Our Joyful Response to God's Love for Us