

SCRIPTURE FOCUS

Psalm 143:8; Hebrews 11:1-3, 6; & Matthew 14:25-33

CORE REFERENCES

Y4K 6-7, 9, 142 & **Y** 20-24, 493

FOR PARENTS & ADULTS

CCC Paragraphs 142-184, 222-231, 2656-2662



STEP 1: PREPARATION - ATTENDING TO THE SOIL

1. Welcome!

2. Wonder

Curiosity Sparker: A blindfold and a path.
(Mark out a narrow, winding path on the floor with masking tape, rope, or something similar).

Display the question: *Will you trust me?*

3. Proclaim

Read: Psalm 143:8 – “Let me hear of your steadfast love in the morning, for in you I put my trust. Teach me the way I should go, for to you I lift up my soul.” (or use [Proclaim Slide](#))

Pray & Praise

Pray together: “Our Father...”

Sing together: “Faith of Our Fathers” CBW III #446
or “A Living Faith” CBW III #447



STEP 2: PROCLAMATION - PLANTING THE SEED

1. Recap

Ask: “Last session, we were invited to listen for God’s voice in Scripture, prayer, and the people He places in our lives. Where did your family notice God speaking to you this week?”

2. Scripture Proclamation

Invite families to listen for a word or phrase that stands out as the Scripture is read.

Read: Hebrews 11:1-3, 6 & Matthew 14:25-33
or use: [We Believe Scripture Proclamation Slides](#)

Invite time for brief sharing.

3. Joyful Proclamation & Witness

Proclaim: “In our Scripture, Peter hears Jesus call him out onto the water. He can’t see how it will work. He can’t understand it fully. But he chooses to trust—and he steps out. Faith begins like that—hearing Jesus and choosing to trust him.”

Witness: Give a short personal testimony.

(*Prompt:* Remember a time you had to trust God, what made it difficult, how you responded, and what you experienced or learned. Keep it relatable and focused on everyday life—like Peter stepping out of the boat—even when you felt unsure but chose to trust God and found peace, guidance, or growth and stronger faith.)



STEP 3: EXPLANATION - HELPING THE PLANT GROW

1. Guided Explanation

Return to the Curiosity Sparker:
See *Curiosity Sparker Reveal* p.3

Diving Deeper

Discuss: **Y4K** & **Y** questions for Profession of Faith Pillar and Prayer Pillar, see *YOU CAT Pillars* p.4

Pray: Use the “Take My Hand” prayer, see *Prayer Experience* p.5

2. Family Reflection

Ask: “What do you think Jesus is inviting you to trust him with today? How can you say accept that invitation?” Invite families to share.

Show “[What is Faith?](#)” video.

3. Saint Highlight: St. Peter

“St. Peter was a fisherman who became one of Jesus’ first disciples. When Jesus called him, Peter left everything behind to follow him. Peter loved Jesus and wanted to trust him, but sometimes he was afraid. One day, Peter stepped out of the boat and walked on water toward Jesus. When he took his eyes off Jesus, he began to sink, but Jesus reached out and caught him. Even after making mistakes, Peter kept following Jesus, and Jesus

chose him to lead his Church.”

“St. Peter reminds us that faith means trusting Jesus, even when we cannot see the whole path ahead. Like Peter, we may sometimes become afraid or doubt, but Jesus never stops reaching out to us. When we keep our eyes on him and continue to say ‘yes’ to his invitation, he helps us grow as His disciples.”

St. Peter is the patron saint of fishermen, net-makers, and the Papacy. His Feast Day is June 29, which he shares with St. Paul.”

Praise

Sing together.



STEP 4: APPLICATION - GROWING ROOTS

1. Family Discussion

Ask: “What voices compete for our trust each day, for example: friends, social media, fear, success, or popularity? How can we recognize Jesus’ voice among them?” Invite families to share.

2. Practical Challenge & Mission Action

“Until next time, choose ONE way to trust Jesus more as a family, for example: recognize one situation your family is trusting God with and pray for it together; start each day by praying ‘Jesus, even when I cannot see the whole path ahead, I trust in you!’; or take one step of faith together by helping someone, forgiving

someone, or reaching out to someone in need, trusting that Jesus will guide you.”

3. Creative Response

See directions for activity options on *Creative Response* p.6

- 1 - Walk by Faith Challenge
- 2 - Can You Trust Me?
- 3 - FAITH Home Display

(Find more **Y4K** & **Y** and Family Activity resources on *Creative Response* p.6)



STEP 5: CELEBRATION - BLOSSOMS AND FRUITFULNESS

1. Mission Sending

“Remember: Faith is saying ‘yes’ to Jesus and trusting him, even when we cannot see the whole path ahead. This week, take one simple step of trust and notice where Jesus is inviting your family to follow him.”

Provide families with a copy of the *Family Handout*.

2. Gratitude & Sharing

Invite families to share one thing, one blessing they are thankful for today, or one way they have experienced God drawing them closer to him.

Say simple kerygma together: “Jesus Christ loves you...”

3. Closing: Pray & Praise

Pray: Together pray “Glory be to the Father...”

Say: “Let us go and see Jesus in everyone we meet this week.”

All respond: “Thanks be to God!”

Praise: Sing together.





RETURN TO THE CURIOSITY SPARKER: BRING ATTENTION BACK TO THE DISPLAY

Blindfold Reveal

“Let’s come back to what we saw at the beginning—the path and the blindfold.”

Invite a child or youth volunteer to come forward.

Walking by Sight:

“This path represents our journey through life. The lines mark the safe path to follow. Imagine that everything outside the lines is deep, stormy water where you could fall in. Our goal is to stay on the path.”

Invite the volunteer to carefully walk along the path. When they finish, ask:

“Was that easy or was that difficult?”

Invite a brief response.

“It wasn’t too hard because you could clearly see where you were going.”

Walking by Faith:

Hold up the blindfold.

“Do you think you could walk the same path if you couldn’t see?”

Invite a brief response.

“Let’s find out.”

Gently place the blindfold on the volunteer, assuring they can’t see anything.

Quietly invite the volunteer’s parent (or another trusted adult) and another adult who is less familiar to the child/youth. Have both adults stand on either side of the volunteer.

“Although [volunteer’s name] can’t see, there are two people ready to help.”

Ask each adult, one at a time, to say slowly and clearly: “Come, [volunteer’s name], take my hand and I will guide you.” Repeat once if needed.

Once both adults have spoken to the volunteer, ask:

“Which hand will you choose?”

Allow the volunteer to choose freely.

Once they have taken the hand of one of the adults, have that adult silently guide them through the path without giving additional instructions.

Remove the blindfold.

“How did you decide whose hand to take?”

Invite a brief response.

“Was it easier to trust when you couldn’t see?”

Invite a brief response.

“When [volunteer’s name] chose a hand, he/she made a decision: ‘I trust this person to lead me.’ That is what faith is. We take God’s hand—even when we cannot see everything.”

“Peter walked on water because he trusted Jesus. But when he became afraid and looked away, he began to sink. And what did Jesus do? He reached out his hand and caught him. Faith doesn’t mean we see everything clearly. It means we trust God enough to take the next step—and take his hand, and follow him.”



DIVING DEEPER

Present **Y4K** & **Y** questions for Profession of Faith Pillar & Prayer Pillar for family discussion.

Profession of Faith Pillar:

Faith Focus 1: Faith Is Our Response to God

Give **Y** and **Y4K** questions for families to read and discuss.

Y 20 How can we respond to God when he speaks to us?

Y 21 Faith—what is it?

Y4K 6 Believing in God: How does that work?

After families had time to read and discuss the YOUCAT questions, invite sharing with the large group reflection on the following questions:

“What caught your interest, surprised or challenged you as you read these questions and answers?”

“How is faith more than simply believing that God exists?”

Faith Focus 2: Walking with God in Faith

Give **Y** and **Y4K** questions for families to read and discuss.

Y 22 How does one go about believing?

Y 23 Is there a contradiction between faith and science?

Y 24 What does my faith have to do with the Church?

Y4K 7 Can we believe whatever we want?

Y4K 9 Why do some people not believe in God?

After families had time to read and discuss the YOUCAT questions, invite sharing with the large group reflection on the following questions:

“What caught your interest, surprised or challenged you as you read these questions and answers?”

“Why do you think God invites us to seek truth instead of simply believing whatever we want?”

Prayer Pillar:

Give **Y** and **Y4K** questions for families to read and discuss.

Y 493 What are the characteristics of Christian prayer?

Y4K 142 How do we praise and adore God in prayer?

After families had time to read and discuss the YOUCAT questions, invite sharing with the large group reflection on the following question: “From what you learned today, how has your understanding of prayer changed? How might you pray differently?”

*Move into Take My Hand prayer, see **Prayer Experience** p.5.*



TAKE MY HAND PRAYER

“Take My Hand!”

“Just as our volunteer had to decide who to trust and whose hand to take, each day we also choose whose voice we will follow.”

“Jesus is always inviting us, ‘Come. Trust me. Walk with me.’”

Invite families to stand together. Ask everyone to hold the hand of a family member.

“Close your eyes if you feel comfortable to do so. Feel the hand you are holding. You don’t have to wonder if someone is there—you can feel it.”

“Even though we cannot physically hold Jesus’ hand, he promises to stay with us every step of our lives.”

“Think quietly for a moment...”

“Is there something in your life that feels uncertain?”

“Is there something that is difficult?”

“Is there something you’re worried about?”

Pause.

“In your heart, imagine placing that worry into Jesus’ hand.”

Pause.

“Jesus, I trust you. Help me follow You.”

“Please join me: Jesus, I trust you. Help me follow You.”

“Jesus, I trust you. Help me follow You.”

Pause, then, leading the families, pray the following prayer together:

“Please pray with me: Jesus, thank you for giving us our family...” *Pause, allowing families to repeat the line.*

“Help us trust you when life is easy...” *Pause, allowing families to repeat the line.*

“and to trust you when life is difficult.” *Pause.*

“Help us listen for your voice...” *Pause.*

“and follow where you lead.” *Pause.*

“Keep our family close to you each day.” *Pause.*

“Amen.”



FAMILY ACTIVITY SUGGESTIONS

Walking by Faith Challenge

What You'll Need: One paper plate per person, one marker for each person.

Instructions: “Today we’re going to discover what it feels like to live without being able to see the whole picture. You are going to place your paper plate on top of your head and leave it there the entire time as I tell you what to draw. No peeking until the end!”

Round One – On our own.

Read the instructions slowly:

“Draw a church in the middle of your plate. Draw a sun in the sky. Draw a line across the bottom for the ground. Draw a cross on top of the church. Add the church doors. Draw a cloud near the sun. Draw a tree beside the church. Draw three birds flying in the sky. Draw a person standing under the tree. Draw several flowers growing from the ground.”

“Now, everyone may look at their pictures!” *Pause.*

“Was it easy or difficult? Which part was the hardest? Did you know where everything should go? What made it so challenging?” *Invite discussion.*

Round Two – Trusting the guide.

Invite families to work in pairs, with one new paper plate: one person is the artist and the other is the guide.

“This time, the artist will still keep the paper plate on top of their head, but

the guide may gently move the artist’s hand to help place each object. The guide can see the whole picture while the artist cannot.”

Repeat the same drawing instructions. Once finished, compare the drawings.

“Which picture turned out better? Why? Was it easier when someone helped guide you? Was it difficult to let someone else help you? How did you choose to respond to help? What might you do differently next time?”

Invite sharing, then conclude:

“Just as the guide could see where the drawing needed to go, Jesus sees the whole picture of our lives. Faith is trusting him to lead us, and allowing him to guide us, even when we cannot see the way ourselves.”

Can You Trust Me?

What You'll Need: One small sandwich size ziploc freezer bag per family, water, 6–8 sharpened pencils per family, and towels (just in case!)

Prepare: Fill each bag two-thirds full of water and seal it tightly beforehand.

Instructions: *Invite one parent in each family to stand behind their children at their tables. Hand the parent the sealed Ziploc bag of water above their child’s head. Ask the child:* “Do you trust your parent not to get you wet?” *Invite a few responses.*

“What if I gave your parent a very sharp pencil and asked them to poke it

right through the bag? Would you still trust them then?”

Give every parent a sharpened pencil. Pause for a moment to let the anticipation build.

“Parents, when I count to three, push the pencil straight through one side of the bag and out the other.”

Ask the children: “What happened?” *Most will be surprised that no water leaks. Now smile and ask:* “Would you trust them with another pencil?” *Add another. Then another. Continue adding pencils until several are through the bag.*

Ask the following questions allowing for responses: “Were you nervous? What made it difficult to trust? Did you want to pull away? What changed after you saw the first pencil go through?”

“When you saw the sharp pencil, trusting suddenly became much harder. Faith is trusting Jesus even when we cannot see the whole picture, even when it’s hard, knowing that he is always at work and faithfully guiding us one step at a time.”

Faith Home Display

Decorate the word FAITH (letters drawn on cardboard, wood, paper, etc.) for families to take home. Each letter can stand for something, e.g.: *Follow And I Trust Him* or *Forever & Always I Trust Him*. Encourage families to work together to make the display meaningful to the whole family.

Supplemental Resources:

YOUCAT: [Y Study Guide: What does faith mean?](#)

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WE BELIEVE—OUR RESPONSE TO GOD

God continually invites us into a relationship with him, and our response is faith. Faith is more than believing that God exists—it is choosing to trust Jesus with our lives. Like Peter stepping out of the boat, we are invited to keep our eyes on Jesus and say “yes” to him, even when we cannot see the whole path ahead. Through prayer, Sacred Scripture, the life of the Church, and the experiences of everyday life, we gradually learn to recognize his voice above all the others that compete for our attention.

As we continue to trust Jesus in both the ordinary and challenging moments of life, our faith grows stronger. We begin to see that he is always with us—guiding us, speaking to us, lifting us up when we stumble, and inviting us to follow him more closely. Together, as a family and as members of the Church, we grow in confidence, trust, and love as faithful disciples of Christ.

Family Prayer: Lord Jesus, thank you for inviting us to follow you each day. Help our family to trust you with all our hearts, especially when we cannot see the whole path ahead. Strengthen our faith, help us recognize your voice, and give us the courage to say “yes” to you in all that we do. Amen.

MISSION ACTION

Until next time, choose ONE way to trust Jesus more as a family:

- Share one situation in which your family is trusting God and pray for God’s guidance and strength together.
- Start each day praying: “Jesus, even when I cannot see the whole path ahead, I trust in you!”
- Take one step of faith together by helping someone, forgiving someone, or reaching out to someone in need, trusting that Jesus will guide and help you.



The calendar that we use today was created by Pope Gregory XIII, it’s called the Gregorian calendar. Some other interesting things that owe their origin to the Catholic Church include:

- Mechanical clocks were first made in monasteries to keep times of prayer.
- Groundhog Day originated from the Feast of Candlemas on February 2.
- Pretzels were first baked as a “fast” food during Lent.
- and William Shakespeare was secretly a Catholic!

