

July 2025 Faith Formation Helps

Theme: Living as Disciples in the World

Focus Scripture: “Go and make disciples...” (Matthew 28:19–20)

Catechism: CCC 1691–1698

Goal: To help every person—whether lifelong Catholic or new seeker—understand that Jesus calls each of us to follow Him, be transformed by Him, and share His love in the world.



FAMILY SECTION

† Opening Family Prayer

Jesus, thank You for loving us. Help us to follow You and bring Your love to others. Amen.



Mini Catechesis for Parents

What is a disciple?

A disciple is a student, follower, and friend of Jesus. Being Catholic is not just about going to church—it’s about living every day with Jesus at the centre.

Why does this matter?

Because life makes the most sense when we know Who we belong to, and what we’re here for. Jesus gives us peace, purpose, and a mission.



Simple Gospel Sharing: Matthew 28:16 – 20

Jesus says:

“Go and make disciples of all nations... I am with you always.”

Talk about:

Who did Jesus talk to? (His friends)

What did He ask them to do? (Tell others about Him!)

What does He promise? (To be with us always)

God's Big Story (The Gospel in 5 Steps)

Use this to explain the Gospel to children—and as a refresher for you too!

God made us out of love.

Sin separated us from Him.

Jesus came to rescue us by dying and rising again.

We can say **YES** to Jesus and be forgiven.

We are **sent** to share His love with others.

Faith in Action for Any Family

Pick one *small* thing to do this week:


Smile and say "God bless you" to someone

Invite a friend to Mass

Say thank you to a priest or teacher

Light a candle and say: "Jesus, I want to follow You."

ADULT SECTION

 Start Here: What if I feel far from Church or unsure of my faith?

You are not alone. Many Catholics were never fully taught the basics or have drifted away over time. This renewal is for you too—no guilt, no pressure. **Just start small:**

Talk to God in your own words

Come to Mass, even if you don't understand everything

Ask questions—we're here to help

Know this: Jesus loves you and is calling you personally

The Gospel in Everyday Language

God made you for a relationship with Him.

Sin damages that relationship, but Jesus restores it.

Jesus died and rose for *you*.

You're invited to come back to God, starting today.

When you say "yes" to Jesus, He gives you a new start—and a purpose.

Scripture Reflection: "I Am With You Always" (Matt 28:20)


Jesus doesn't send us alone—He is with us in:

The **Mass**

The **Eucharist**

Prayer

The **people around us**

 If this is new to you, try this:

Before bed, say: "Jesus, be with me. Help me follow You."

Visit the church when it's quiet, just sit and say nothing. Let Him love you.

Steps to Begin Again (for Returning Catholics)

Come to Mass – even if just to listen

Talk to a priest or lay leader – we'll walk with you

Go to Confession – don't worry, we'll explain how

Join the Liturgy Discussion or Journey of Faith group – no pressure, just explore

Ask the Holy Spirit – "Help me believe again"

Simple Prayer for Returning to Faith

Lord Jesus, I've been far from You, but I want to come back.

I may not know everything, but I trust You love me.

Help me start again. Be with me. Show me the way. Amen.



FAMILY SECTION (with Apologetics Helps)

† Opening Prayer

Lord Jesus, help us to follow You as Your disciples. May we live our faith with joy and courage, and always be ready to share why we believe. Amen.



Mini Catechesis: What Is a Disciple?

A disciple is someone who:

Believes in Jesus

Learns from Jesus

Lives like Jesus

Helps others know Jesus



Talking Point for Parents: “Why does our family still go to Mass?”

Short Answer:

Because Jesus asked us to. The Mass is where we meet Him in the Word and the Eucharist. It’s not just a tradition—it’s our lifeline.

Catechism CCC 1324: *“The Eucharist is the source and summit of the Christian life.”*

Simple response to kids who ask, “Do we have to go?”

Yes, because love calls us to stay close to Jesus, look what he did for us (show a crucifix)—and He is really there at Mass.



Apologetics for Families: Common Objections Kids Hear

Objection	Catholic Response
<i>“Church is boring.”</i>	“Sometimes what’s important takes patience. Mass is about God, not just entertainment.”
<i>“We don’t need religion to be good people.”</i>	“True—but Jesus didn’t just come to make us ‘good.’ He came to give us new life, truth, and salvation.”
<i>“Other people don’t go, why should we?”</i>	“We follow Jesus—not the crowd. Our faith is our choice and our gift.”

✉ Mission Idea for Families: Share the Gospel Gently

Bake something and bring it to a neighbour with a prayer card

Invite another family to Mass and coffee after

Share one thing you like about being Catholic on social media



ADULT SECTION (with Basic Apologetics)



Catechesis Focus: The Christian Life Is a Mission

CCC 1691: *“Christian, recognize your dignity...”*

You are not just a believer—you are sent.

But in a culture where faith is often mocked or misunderstood, **being a disciple also means being ready to explain why.**



Basic Catholic Apologetics: How to Respond to Common Objections

Objection	Catholic Response
<i>“Religion causes more harm than good.”</i>	Misuse of religion causes harm, yes—but Jesus’ true message brings healing, justice, and hope.
<i>“All religions are basically the same.”</i>	Many teach love—but only Christianity teaches that God became man, died for us, and rose again to give us eternal life.
<i>“I don’t need a Church to connect with God.”</i>	Personal prayer matters—but Jesus founded the Church, gave us the Sacraments, and said: <i>“Do this in memory of me.”</i> (Luke 22:19)
<i>“The Church is full of hypocrites.”</i>	That’s sadly true—but it proves we all need grace. The Church is a hospital for sinners, not a museum for saints.



Evangelisation Tip: How to Share Faith Without Preaching

Share your story, not a lecture: *“This is how Jesus helped me...”*

Ask questions gently: *“Do you ever think about God?”*

Listen well, and love the person—even if they reject the message.

Practice: Your 30-Second Gospel

Try this:

“I believe God made me for a purpose. I mess up a lot—but Jesus died and rose to forgive me. He gives me peace, and helps me live with purpose.”

Invite others to ask questions without fear.

Prayer for Courage to Witness

Lord, give me wisdom to speak truth with love.
Help me to listen with patience, to answer with clarity,
and to live so that others may see You in me. Amen.

Optional Resources for Further Study

Catholic Answers – www.catholic.com

Evangelii Gaudium (Pope Francis) – on the joy of sharing the Gospel

Ask your Priest

FAMILY SECTION with Illustration Stories

Story 1: The Torch on the Hill

One evening, a father and his daughter were walking through the hills near their home. As darkness began to fall, the little girl grew afraid. “I can’t see where we’re going,” she said.

The father smiled and held up a small torch. “You don’t need to see the whole hill—just enough to take the next step.”

“But what if we get lost?” she asked.

“As long as we stay together and follow the light, we’ ll be fine.”

Lesson: Following Jesus isn’t about seeing everything clearly—it’s about taking the next faithful step in trust.

Read Matthew 5:14 – 16.

Talk: *How can our family be like a “torch” in our neighbourhood?*

Story 2: The Forgotten Invitation

Tom was invited to a beautiful banquet. The invitation was ornate, with gold lettering. But Tom was busy—school, work, football. The invitation sat on his desk for weeks until the day of the event passed. When he realised what he'd missed, he felt empty.

His friend said, "That invitation wasn't just paper. It was a chance to be with the one who loves you most."

Lesson: God's invitation to follow Jesus isn't just about religion—it's about a real relationship. But we have to say "yes."

Discussion Prompt:

What keeps us from answering God's invitation in daily life?

Story 3: The Cracked Mug

A boy had a favourite mug, but one day it cracked. His mother offered to fix it with golden glue—a Japanese method called *kintsugi*, where the cracks are filled in with gold, making the mug more beautiful than before.

The boy looked at it in awe. "It's more precious now, not less."

Lesson: Our brokenness doesn't disqualify us. Jesus restores and transforms us. In Him, even our failures can shine.

Catechism Link: CCC 1426 — *The call to ongoing conversion.*

Talk: Has Jesus healed or forgiven you before? How can we help others feel that same mercy?



ADULT SECTION with Illustration Stories

Story 4: The Empty Seat

Sarah hadn't been to Mass in years. One Sunday, she felt a strange pull and stepped into the church. She sat near the back and wept. No one looked at her strangely. In fact, an older woman simply squeezed her hand and whispered, "Welcome home."

Sarah later said, "It was the seat I didn't even know I needed. Jesus had saved it for me."

Lesson: The Church is not a club for perfect people—it's a hospital for the broken and searching.

Reflection Question:

Do we make space in our hearts and pews for people returning to faith?

Story 5: The Two Letters

A man found two letters. One was from a company offering him a free holiday—but it had no real name or contact. The second was from his brother: “Come stay with me. I’ve missed you. I have everything ready.”

He chose the second letter—because it came from someone who knew and loved him.

Lesson: The Catholic faith isn’t just ideas—it’s God’s personal love letter, written in the life, death, and resurrection of Jesus.

Apologetics Tie-in:

Why choose Catholicism among many “spiritual offers”?

Because it’s the full, personal gift of Jesus—body, soul, and divinity.

Story 6: The Gardener and the Seeds

A gardener planted seeds and watered them daily. A friend laughed and said, “Nothing’s even growing.” But weeks later, tiny shoots began to appear. By summer, there were vibrant flowers.

The gardener said, “You don’t always see the roots—but they grow quietly below the surface.”

Lesson: Discipleship takes time. We may not see fruit right away—but God is at work.

Evangelisation Reminder:

Don’t lose heart. Keep planting Gospel seeds. Let God bring the growth.

† Closing Prayer for the Month Jesus, You are the light in our darkness, the healer of our wounds, and the teacher of our hearts. Help us to follow You each day and live as Your disciples in the world. May our words and actions lead others to You. Amen.



SIMPLE CATECHESIS FOR ALL



What Is a Disciple?

A **disciple** is a person who:

Knows Jesus (Friendship)

Follows Jesus (Obedience)

Shares Jesus (Mission)

A disciple doesn't just "go to church" — a disciple becomes like Jesus.

CCC 1694: *"Following Christ and united with Him, Christians can strive to be 'imitators of God' as beloved children."*



Why Does It Matter?

Jesus didn't say: "Believe a bit and stay comfortable."

He said: *"Follow me."* That means letting Him lead our hearts, our choices, and our whole lives.

CCC 1691: *"Christian, recognize your dignity... Never forget that through baptism, you have become a new creation."*



The Call of Baptism (CCC 1692 – 1694)

When we were baptised:

We were claimed by Christ

We were cleansed from sin

We received the Holy Spirit

We became part of His Church

We were sent on mission

So now what?

We are meant to **live** what we believe: at home, school, work, online, and in the parish.



How Do I Live as a Disciple?

Simple daily habits:

Pray every day (even just 5 mins)

Go to Mass every Sunday and Holy Day

Confess sins regularly

Read the Bible a little each week

Love your neighbour in words and actions

Tell someone about Jesus

† Kerygma (The Core Gospel Message)

This is the heart of our faith — simple, true, life-changing:

God made you in love

Sin broke our friendship with Him

Jesus came to save you

He died and rose again for your sins

He invites you to follow Him now

He gives His Holy Spirit to help you live a new life



FAMILY FAITH SECTION (with simple catechesis)



Teaching Point for Kids

Jesus is our friend and our King. He wants us to love Him, talk to Him, and help others love Him too.

Say together:

“Jesus, I want to be Your disciple. Help me love like You.”



Try This as a Family:

Light a candle at dinner and say: “*We are disciples of Jesus.*”

Say a Hail Mary or Our Father after meals

Read one Gospel story this week and talk about it

Go to Sunday Mass and talk about what you saw and heard



ADULT FAITH SECTION

Feeling unsure about your faith? Start here:

God loves you.

He hasn't given up on you.

You don't have to "have it all together" to begin again.

Jesus wants to walk with you, heal your wounds, and show you the way.

Start simple:

Come to Mass

Say "Jesus, help me"

Ask questions

Don't be afraid



Read This:

"Go, make disciples of all nations... I am with you always." — Matthew 28:19 – 20

Jesus speaks this to you.

Wherever you are — He is near.



BONUS TOOLS



3 Simple Things You Can Do This Week:

Invite someone to come to Mass with you

Ask your family: *"What do you think it means to follow Jesus?"*

Go to Adoration or pray in silence for 5 minutes



Learn More

Catechism Paragraphs 1691–1698 (read slowly, reflectively)

Watch: *Sycamore: What Do You Believe?* – Search on YouTube or www.sycamore.fm

Ask: *When did Jesus become more than just a name to me?*

July 2025 – Weekly Gospel Highlights (Year C, Luke)

6 July – 14th Sunday in Ordinary Time (Luke 10:1 – 12, 17 – 20)

Gospel Summary: Jesus appoints the seventy-two, sending them ahead in pairs with minimal provisions. They return rejoicing from the mission.

Discipleship Insight: We are sent, not alone, but two by two; reliance on God is central.

Connection to Parish Life: Encourage accountability, shared mission, and trust—even with limited resources.

13 July – 15th Sunday in Ordinary Time (Luke 10:25 – 37 – The Good Samaritan)

Gospel Summary: Jesus defines “neighbour” through the Samaritan story—compassion beyond boundaries.

Discipleship Insight: Discipleship means loving beyond comfort zones—mercy is action.

Community Tie-in: Promote random acts of kindness and outreach beyond the parish.

20 July – 16th Sunday in Ordinary Time (Luke 10:38 – 42 – Martha and Mary)

Gospel Summary: Martha is overwhelmed with tasks, Mary chooses the better part by listening to Jesus.

Discipleship Insight: Active service must be rooted in attentive presence to Christ.

Parish Connection: Encourage carving out prayer time alongside service roles.

27 July – 17th Sunday in Ordinary Time (Luke 11:1 – 13 – The Lord’s Prayer)

Gospel Summary: Disciples ask Jesus to teach them prayer; He offers the Lord’s Prayer and reassures us of the Father’s generosity.

Discipleship Insight: Prayer is foundational—God listens, Fatherly and giving.

Challenge: Promote daily/prayer group formation and teach the Lord’s Prayer in homes.