

WEEKLY FAITH FORMATION 18 – 25 January

Theme: Baptism & New Life in Christ

These reflections follow the parish homilies and daily liturgy.
You may begin anywhere. One section used well is enough.

SUNDAY 18 JANUARY

Second Sunday in Ordinary Time

Behold the Lamb of God

Core baptismal movement of the day

Baptism begins not with action, effort, or decision, but with **recognition**:
seeing who Jesus truly is and allowing life to be shaped by Him.

CHILDREN (5 – 10)

Opening Prayer

Jesus,
thank You for loving us.
Help us listen to You today
and learn how to follow You.
Amen.

Teaching

John the Baptist was a very important man.
People listened to him.

But when John saw Jesus,
he did not talk about himself.

He pointed to Jesus and said:
“Behold the Lamb of God.”

That means:
“Look at Jesus.
He is the one who saves us.”

When we are baptised,
we become friends of Jesus.

We learn to look at Him,
listen to Him,
and follow Him.

Jesus is gentle and loving.
He takes away sin
and brings us close to God.

Scripture

“Behold the Lamb of God.”
(John 1:36)

Talk Together

Who helps you learn about Jesus?

Why do we follow Jesus?

How can we listen to Him this week?

Practice

Together say slowly:
“Jesus, I want to follow You.”

You may also invite the child to draw Jesus
and place the picture somewhere visible.

Closing Prayer

Jesus,
thank You for calling us.
Help us follow You
every day.
Amen.

YOUNG PEOPLE (11 – 18)

Opening Prayer

Lord Jesus,
Open our hearts
to recognise You
and follow You.
Amen.

Teaching

John the Baptist does something very important in today's Gospel.
He steps aside.

He does not gather followers for himself.
He points to Jesus and says:
"This is the one."

Faith always begins this way.
Not with what *we* do,
but with who **Jesus is**.

Baptism begins with recognition:
Jesus is not just a good person or teacher.
He is the Lamb of God
who takes away sin.

Following Jesus means letting Him define our lives,
not simply adding Him to them.

Scripture

John 1:35–42

Reflection Questions

Who do I think Jesus is, really?

Do I treat faith as central or optional?

What does it mean to follow, not just admire?

Practice

Today, pause once and quietly say:
"Jesus, I belong to You."

Closing Prayer

Jesus,
Help me recognise You
and follow You
with honesty and trust.
Amen.

ADULT

Opening Prayer

Lord,
Open our eyes to see You clearly

and shape our lives
by this truth.
Amen.

Catechesis

“Behold the Lamb of God” is not a poetic phrase.
It is a decisive moment.

John the Baptist teaches the Church that faith begins by **pointing away from ourselves**.
Only when Christ is recognised for who He truly is
can discipleship begin.

Baptism is not self-improvement.
It is a reorientation of life.

To be baptised is to allow Christ —
crucified, risen, and given —
to become the centre of our identity.

Every Mass returns us to this moment of recognition:
This is the Lamb who takes away sin.

Scripture

John 1:29–37

Reflection Questions

Where do I resist allowing Christ to shape my life fully?

How does my Baptism call me again to recognise and follow Him?

Practice

Before the next Mass you attend,
pause at the words “*Behold the Lamb of God*”
and consciously offer yourself again to Christ.

Closing Prayer

Lord Jesus,
You are the Lamb of God.
Help us recognise You,
trust You,
and follow You always.
Amen.

MONDAY 19 JANUARY

Saint Wulstan

Faithful Obedience Over a Lifetime

Core baptismal movement of the day

Baptism commits us not to quick success,
but to **lifelong faithfulness**.

CHILDREN (5 – 10)

Opening Prayer

God our Father,
thank You for loving us.
Help us listen to You
and trust You today.
Amen.

Teaching

Saint Wulstan loved God very much.
He listened to God all his life.

He did not always do exciting things,
but he did faithful things.

When we are baptised,
God helps us listen to Him
and follow Him every day.

Listening to God helps us grow.

Scripture

“Speak, Lord, for Your servant is listening.”
(1 Samuel 3:9)

Talk Together

Who helps you make good choices?

How can we listen to God today?

Practice

Say together:
“God, help me listen to You.”

Closing Prayer

Thank You, God,
for teaching us
how to follow You.
Amen.

YOUNG PEOPLE (11 – 18)

Opening Prayer

Lord Jesus,
Help us learn
how to be faithful to You
over time.
Amen.

Teaching

Saint Wulstan lived in a time of great change and difficulty.
He did not give up when things were hard.

Baptism does not promise that faith will be easy.
It promises that God will be with us.

Real faith is not about quick results.
It is about staying faithful when enthusiasm fades.

Saint Wulstan trusted God slowly, steadily, and patiently.

Scripture

“Remain in me, as I remain in you.”
(John 15:4)

Reflection Questions

Where do I struggle to stay faithful?

What helps faith last over time?

Practice

Choose one small habit
that helps you stay close to God this week.

Closing Prayer

Jesus,
Help me remain with You

and trust You
every day.
Amen.

ADULT

Opening Prayer

Faithful God,
Teach us perseverance
and steady trust
in You.
Amen.

Catechesis

Saint Wulstan reminds the Church that holiness is formed over time.

Baptism initiates a lifelong journey of obedience and trust.
It is not sustained by emotion, but by fidelity.

In a culture that values immediacy,
Baptism forms patience, endurance, and quiet conversion.

Saint Wulstan reformed the Church not through force or novelty,
but through obedience rooted in prayer.

Scripture

John 15:4–5

Reflection Questions

Where do I want quick results instead of faithful perseverance?

How does Baptism call me to remain with Christ?

Practice

Return this week to one neglected practice
that supports steady faith (prayer, Scripture, sacrament).

Closing Prayer

Lord,
Give us patience and perseverance.
Help us remain faithful
to the grace of our Baptism.
Amen.

TUESDAY 20 JANUARY

Blessed Cyprian Michael Tansi

God Looks at the Heart

Core baptismal movement of the day

Baptism forms the **interior life** before it produces visible results.
God's call is rooted in truth of heart, not appearance or success.

CHILDREN (5 – 10)

Opening Prayer

God our Father,
thank You for loving us.
Help our hearts love You today.
Amen.

Teaching

In the Bible, God chose David to be king.
David was not the biggest or the strongest.

God chose David because of his **heart**.

Blessed Cyprian Tansi also had a good heart.
He listened to God quietly and trusted Him.

When we are baptised,
God looks at our hearts too.
He loves us
and helps our hearts grow in goodness.

Scripture

“Man looks at appearances,
but the Lord looks at the heart.”
(1 Samuel 16:7)

Talk Together

What makes a heart good?

How can we love God today?

Practice

Place your hand on your heart and say:
“God, help my heart love You.”

Closing Prayer

Thank You, God,
 for loving us
 and helping our hearts grow.
 Amen.

YOUNG PEOPLE (11 – 18)

Opening Prayer

Lord Jesus,
 Help us understand
 how You see us
 and how You call us.
 Amen.

Teaching

Blessed Cyprian Tansi lived a life that many people never noticed.
 But God noticed.

God does not choose people because they look impressive.
 God chooses people who are willing to trust Him.

Baptism gives us an identity that comes **before achievement**.
 It reminds us that who we are matters more than how we appear.

Living faith means allowing God to shape the heart,
 not just behaviour.

Scripture

1 Samuel 16:1–13

Reflection Questions

Where do I worry about how I appear to others?

What does God see when He looks at my heart?

Practice

Ask God today to show you
one place where your heart can grow.

Closing Prayer

Jesus,
Help me trust that You know me
and call me
from the heart.
Amen.

ADULT

Opening Prayer

Lord,
You see us completely.
Help us live truthfully before You.
Amen.

Catechesis

Blessed Cyprian Tansi's life reminds us that vocation grows quietly.

God's call is not rooted in personality, productivity, or visibility.
It is rooted in fidelity of heart.

Baptism begins an interior transformation that may remain hidden for years.
Grace works first within, shaping desires, conscience, and trust.

The temptation is to confuse holiness with visibility.
The Gospel insists otherwise.

Scripture

1 Samuel 16:7

Reflection Questions

Where do I seek affirmation more than fidelity?

How does Baptism invite deeper interior conversion?

Practice

Spend a few minutes today in silent prayer,
asking God to shape your heart more fully.

Closing Prayer

Lord,
 Form our hearts according to Your will.
 Help us live faithfully before You.
 Amen.

WEDNESDAY 21 JANUARY

Saint Agnes

Courage Born of Belonging

Core baptismal movement of the day

Baptism gives courage not by removing fear,
 but by grounding identity in belonging to Christ.

CHILDREN (5 – 10)

Opening Prayer

Jesus,
 thank You for loving us.
 Help us be brave with You today.
 Amen.

Teaching

Saint Agnes was very young.
 But she loved Jesus very much.

She trusted Jesus even when she was afraid.

Being brave does not mean we are never scared.
 Being brave means we trust God anyway.

When we are baptised,
 we belong to Jesus.
 He stays with us and helps us be brave.

Scripture

“The Lord is my helper;
 I will not be afraid.”
 (Hebrews 13:6)

Talk Together

What makes you feel scared sometimes?

Who helps you feel brave?

Practice

Say together:

“Jesus, stay close to me.”

Closing Prayer

Thank You, Jesus,
for helping us be brave
because You are with us.
Amen.

YOUNG PEOPLE (11 – 18)

Opening Prayer

Lord Jesus,
Help us understand
where true courage comes from.
Amen.

Teaching

Saint Agnes did not have power or protection.
What she had was belonging.

She knew who she belonged to,
and that gave her courage.

Baptism gives us an identity deeper than fear.
It tells us we are Christ’s — even when it costs us something.

Courage in faith is not loud or aggressive.
It is faithful and steady.

Scripture

Romans 8:38–39

Reflection Questions

Where do I feel pressure to hide my faith?

How does knowing I belong to Christ give courage?

Practice

Today, choose one moment
to act with quiet faithfulness rather than fear.

Closing Prayer

Jesus,
Help me trust that I belong to You
and live with courage.
Amen.

ADULT

Opening Prayer

Lord,
Strengthen us with the courage
that comes from belonging to You.
Amen.

Catechesis

Saint Agnes reminds the Church that courage flows from identity, not strength.

Baptism establishes a belonging that precedes circumstance.
Because we belong to Christ, fear does not have the final word.

Christian courage is not defiance; it is fidelity.
It is the capacity to remain faithful even when faith is costly.

Scripture

Romans 8:38–39

Reflection Questions

Where does fear shape my choices?

How does Baptism anchor my identity more deeply than fear?

Practice

Entrust one fear to God today,
naming it honestly in prayer.

Closing Prayer

Lord,
Root our courage in belonging to You.
Help us live faithfully

as Your baptised people.
Amen.

THURSDAY 22 JANUARY

Saint Vincent

Faithfulness That Costs

Core baptismal movement of the day

Baptism does not remove difficulty or opposition.
It binds us to Christ **before comfort**, and teaches us how to remain faithful when faith is tested.

CHILDREN (5 – 10)

Opening Prayer

God our Father,
thank You for loving us.
Help us do what is right,
even when it is hard.
Amen.

Teaching

Saint Vincent loved Jesus very much.
He tried to live like Jesus every day.

Sometimes doing the right thing is hard.
Sometimes people do not understand us.

Saint Vincent stayed faithful anyway.
God helped him.

When we are baptised,
God helps us choose what is good,
even when it costs us something.

Scripture

“Do what is right and good.”
(Deuteronomy 6:18)

Talk Together

Is it sometimes hard to do the right thing?

Who helps us make good choices?

Practice

When something feels difficult today, say:

“God, help me do what is right.”

Closing Prayer

Thank You, God,
for helping us choose good
and stay close to You.
Amen.

YOUNG PEOPLE (11 – 18)

Opening Prayer

Lord Jesus,
Help us understand
what it means to stay faithful to You.
Amen.

Teaching

Saint Vincent lived his faith at a cost.
Following Christ did not make life easier —
it made it truer.

Baptism does not promise that faith will be comfortable.
It promises that we belong to Christ, even when that brings challenge.

Faithfulness often means:

staying honest when it would be easier not to

choosing what is right when it is unpopular

trusting God when faith is misunderstood

Saint Vincent shows us that fidelity is worth the cost.

Scripture

“Blessed are those who are persecuted for righteousness’ sake.”
(Matthew 5:10)

Reflection Questions

Where is it hard to live faith honestly?

What helps me remain faithful when faith costs me something?

Practice

Choose one situation today
where you will act with integrity, even if it is difficult.

Closing Prayer

Jesus,
Help me remain faithful to You,
even when it costs me.
Amen.

ADULT

Opening Prayer

Lord,
Give us the grace
to remain faithful
when discipleship is costly.
Amen.

Catechesis

Saint Vincent reminds the Church that suffering and fidelity often travel together.

Baptism unites us to Christ's life, death, and resurrection.
It does not insulate us from struggle; it gives that struggle meaning.

The temptation is to equate God's presence with ease.
The Gospel teaches that faithfulness may bring opposition, misunderstanding, or sacrifice.

Christian maturity learns to endure without bitterness, trusting that God remains faithful.

Scripture

Matthew 5:10–12

Reflection Questions

Where does my faith cost me something?

How does Baptism give strength to endure faithfully?

Practice

Name one difficulty you are carrying because of faith.
Offer it consciously to God in prayer today.

Closing Prayer

Lord,
Strengthen us to remain faithful
and trust You
even when faith is costly.
Amen.

FRIDAY 23 JANUARY

Feria

Called, Chosen, and Patient

Core baptismal movement of the day

Baptism calls us **before we are ready** and forms us through waiting, restraint, and trust in God's timing.

CHILDREN (5 – 10)

Opening Prayer

God our Father,
thank You for loving us.
Help us trust You
and be patient today.
Amen.

Teaching

In the Bible, David was chosen to be king.
But he did not become king right away.

He waited and trusted God.

When we are baptised,
God has a plan for us too.
Sometimes we have to wait and trust.

Waiting can be hard,
but God stays with us.

Scripture

“Wait for the Lord.”
(Psalm 27:14)

Talk Together

Is waiting hard sometimes?

Who helps you be patient?

Practice

When you feel impatient today, say:
“God, I trust You.”

Closing Prayer

Thank You, God,
for being with us
while we wait.
Amen.

YOUNG PEOPLE (11 – 18)

Opening Prayer

Lord Jesus,
Help us trust Your timing
and not rush ahead of You.
Amen.

Teaching

God often calls people before they feel ready.

David was anointed king long before he ruled.
Jesus spent years hidden before beginning His mission.

Baptism calls us into God’s life,
but formation takes time.

Waiting is not wasted time.
It is where faith matures.

Scripture

“Those who hope in the Lord will renew their strength.”
(Isaiah 40:31)

Reflection Questions

Where do I feel impatient with God's timing?

What might God be forming in me while I wait?

Practice

Choose one moment today
to pause instead of rushing.

Closing Prayer

Jesus,
Help me trust Your timing
and remain faithful
while I wait.
Amen.

ADULT

Opening Prayer

Lord,
Teach us patience
and trust in Your timing.
Amen.

Catechesis

The spiritual life includes long seasons of preparation.

Baptism gives us identity immediately,
but maturity unfolds gradually.

Scripture consistently shows that God forms His people through waiting:
hidden years, quiet fidelity, restrained action.

Impatience can distort vocation.
Trust allows grace to mature.

Baptism teaches us to live in hope rather than control.

Scripture

Isaiah 40:31

Reflection Questions

Where am I tempted to rush God's work?

How does waiting shape my faith?

Practice

Entrust one unresolved situation to God today,
deliberately choosing trust over control.

Closing Prayer

Lord,
Help us trust You
and wait faithfully
for Your work to unfold.
Amen.

SATURDAY 24 JANUARY

Saint Francis de Sales

Strength Shaped by Gentleness

Core baptismal movement of the day

Baptism does not form harsh or defensive Christians.
It forms **gentle strength** — truth lived with patience, humility, and love.

CHILDREN (5 – 10)

Opening Prayer

Jesus,
thank You for loving us.
Help us be kind
and gentle today.
Amen.

Teaching

Saint Francis de Sales was very wise and very kind.

He knew that shouting does not help people love God.
Being gentle helps hearts open.

Jesus is gentle with us.
He teaches us patiently.
He forgives us and helps us try again.

When we are baptised,
God helps us learn to be gentle too.

Gentle people can be strong.
They help others feel safe and loved.

Scripture

“Learn from me,
for I am gentle and humble of heart.”
(Matthew 11:29)

Talk Together

Who is gentle with you?

How can we be gentle today?

Practice

Choose one:

Speak kindly to someone

Say sorry gently

Help someone who is upset

Closing Prayer

Thank You, Jesus,
for being gentle with us.
Help us be gentle too.
Amen.

YOUNG PEOPLE (11 – 18)

Opening Prayer

Lord Jesus,
Help us understand
the strength of gentleness
in living our faith.
Amen.

Teaching

Saint Francis de Sales lived in a time of strong arguments and harsh religion.

He chose a different way.

He believed that truth spoken without love
does not heal.

Baptism does not turn us into defenders of faith through force.
It forms us to live truth with patience and respect.

Gentleness is not weakness.
It takes strength to respond calmly,
to listen,
and to love when misunderstood.

Scripture

“Let your gentleness be evident to all.”
(Philippians 4:5)

Reflection Questions

When is it hardest to be gentle?

Why does gentleness require strength?

Practice

In one difficult conversation today,
choose patience instead of reaction.

Closing Prayer

Jesus,
Help me live my faith
with gentleness and truth.
Amen.

ADULT

Opening Prayer

Lord,
Form our hearts
according to Your own.
Amen.

Catechesis

Saint Francis de Sales embodies a deeply baptismal vision of Christian life.

He teaches the Church that:

truth does not need aggression

holiness grows through patience

conversion cannot be forced

Baptism confers dignity before behaviour.
Because each person bears God's image,
they must be approached with reverence.

Harshness often signals fear or control.
Gentleness flows from trust in God's work.

Christian strength is revealed not in domination,
but in steadfast love.

Scripture

Matthew 11:29

Philippians 4:5

Reflection Questions

How do I respond when faith is challenged or misunderstood?

Where might God be inviting greater gentleness in my life?

Practice

This week, consciously choose gentleness
in one situation where you would normally react.

Offer this as a living expression of your Baptism.

Closing Prayer

Lord Jesus,
You are gentle and humble of heart.
Shape our lives by Your grace,
that we may reflect Your love
in all we do.
Amen.