

## The Catechist: Person of Faith

### Introduction

First and foremost a catechist is a person of faith. When all is said and done, catechesis is the handing on of faith. Not just “book” faith, but personal and communal faith. This segment is meant to help you reflect on yourself as a person of faith. Just follow the outline. Begin by reflecting or journaling on the *first question*. Watch the video, and note how the catechist’s thoughts or experiences are similar to your own. Then read the article “Person of Faith,” and jot down your responses to the *reflection questions*.

### First Question

- How would you respond to the request, “Describe yourself as a person of faith”?

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### Video

Watch the video *Faith Formation with Linda Gaupin*, and respond to the following questions:

- In what ways do you feel “called”?
- How does your faith affect the way you live on a daily basis?

## Article: The Catechist as a Person of Faith

Read the following article and respond to the questions.

The task of a catechist is twofold: 1) it is to know Christ and to make Christ known to others, and 2) to know the Church and help others experience her and learn her beliefs and practices. So, the primary work of the catechist is to have and hand on the faith. But, none of us can give away what we don't have. Remember that faith is like a pair of glasses; it helps us see the world through new lenses. Faith enables us to see the world with God's eyes, and with the eyes of the faith community—the Church. Faith is also a gift from God, and we, as humans, respond to God for that gift with our whole heart. Faith is also considered a virtue or habit. It grows stronger and becomes part of us by using it and doing something with it.

What habits makes us a person of faith?

- 1) To know Christ we spend quality time reflecting on Scripture.
- 2) We spend time lifting our minds and hearts to God in prayer. Prayer and meditation will always nourish a personal relationship with Christ. From time to time, we reflect on how God has acted in our lives, and our faith deepens.
- 3) To know the Church, we consider its doctrines, beliefs, and practices, and how they relate to our daily lives. When making choices and decisions, we look to them, and we consult the community.
- 4) Frequent celebration of the sacraments, which are encounters with Christ and his Church, nurture and strengthen a closer, ever-growing

faith-relationship with Christ and his Church. Through celebrating the sacraments, we are strengthened for what the journey of life brings us.

It is that faith that we hand on to young people. We help them see with the eyes of God and the Church. We show them ways to develop habits of faith. In catechesis, faith is taught from books and caught from people. Both are necessary.

### Reflection Questions

- In what ways do you consistently nurture your faith?
- What do you most hope young people will “catch” from you?