

PART 4

The Expression of Faith

LESSON 86 A Living Faith

GROUNDWORK

In this lesson we plan to:

- explore prayer, worship and way of life as expressions of religious faith and of the search for God.

DIGGING DEEPER

How do I express my religious faith?

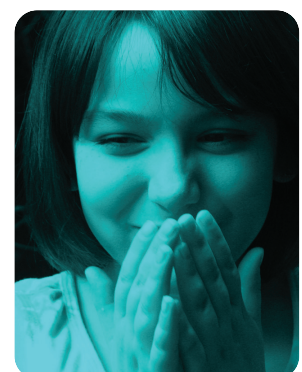
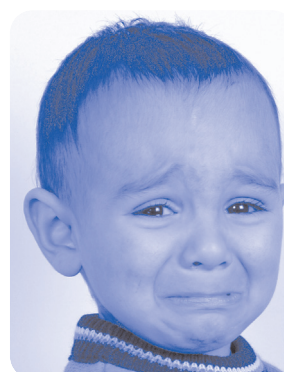
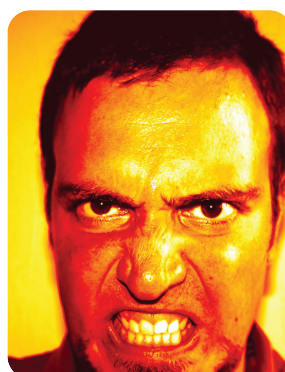


Key Concepts
Prayer/Worship

We Express Our Feelings

It is natural for people to express their feelings through words, facial expressions, gestures or actions. For example, when a person feels angry, they may frown, shout or slam a door. Similarly, when someone has feelings of trust in another person, they may express that trust by confiding in them or by depending on them.

Study each of the following photographs.



KNOW WHAT

What feelings are being expressed in each photograph and how are they being expressed or communicated?



We Express Our Faith

People with religious faith put their trust in God and they express their faith through prayer, worship and way of life.

Prayer

Good friendships take time and energy. In order for our friendships to grow, we need to pay attention to our friends and to talk and listen to them.

Communication is an important part of human friendship. Similarly, communication is an important part of a relationship with God. If our friendship with God is to grow and develop, we need to pay attention to God and to talk and listen to God. **Prayer** is communication with God. Prayer is part of the search for God. (We will look at prayer in greater detail in Section E.)



Worship

Another element of the human search for God is **worship**. People take part in worship in order to honour and praise God and to grow closer to God. Some examples of worship are private prayer, meditation, pilgrimage and religious services. (We will look at worship in greater detail in Section E.)

Way of Life



Derval O'Rourke, Seán Óg Ó hAilpín and Ronan O'Gara are three examples of modern, committed and successful Irish sportspeople. Their commitment to sport has a major effect on their way of life. It influences their diet, fitness routine, the amount of travel they do, etc.

In a similar way, when people have a deep faith in God, their faith influences the way they live. Each of the world religions has a moral code – a set of guidelines about how people should live. These moral codes influence the choices that people of faith make.