

How Does My Family Keep Its Catholic Faith In Action?

A recent survey done revealed that 80% of Catholics lose their faith by the time they are 23 years old. As I continued my research, I learned that two of the major reasons for this depressing statistic were the participants slowly lost interest in Catholicism and their families were never that religious when growing up anyway. It was perplexing for me to read this because my family and parents are so nurturing in providing me with spiritual sustenance and excitement in my faith everyday. By taking part in sacraments and praying together regularly, engaging in artistic and intellectual activities to learn about Catholicism, and watching out for each others actions and habits, my family keeps its Catholic faith in action.

A large part of being a good Catholic is participating in the sacraments bodily and spiritually and talking to God. You can find mentions of the importance of each and every sacrament all over the bible. My mother takes the commitments of a Catholic very seriously. Not only does my family go to church and try to pray the rosary every Sunday, but we all go to confession with each other. Growing up in a family of five children, we all always try to participate in the Mass to set good examples for everyone else. In addition, by getting sent to Catholic schools, my siblings and I are educated deeply in the rest of the sacraments, apologetics, and basic teachings everyday.

In order to keep faith alive, you must find a way to make it fresh and compelling which is why my parents have thought up creative approaches for us to experience our faith not only learn about it. One of the greatest periods in art history was the Baroque period which brought many Catholics back to the faith because of its moving paintings. So, to take part in this period of the church, my parents take my family and me to the Legion of Honor, an art museum in San

Francisco. At the Legion of Honor, my sisters and I observe the masterpieces that have inspired many generations of Catholics. Intellectually, my family actively lives its faith through dinner discussions. My family loves to hold eloquent debates, so meeting at the same time every night gives us all a chance to express our opinions, become strong defenders of our faith, and correct each other where we do not understand certain issues. Pope Francis once said, “Peace will be lasting in the measure that we arm our children with the weapons of dialogue, that we teach them to fight the good fight of encounter and negotiation.” Our faith lives are enlivened by the dialogue which is encouraged by Pope Francis.

The choices we make and the habits we form everyday may seem unimportant but are actually the lifeblood of a healthy relationship with God which is why my family vigorously corrects and aids one another in decision making. To keep one’s faith, a person must act on it along with knowing about it. So, when my sisters advise me not to gorge on chips or to not get upset when we are settling a disagreement, they set me up for future success in my relationships, health, and attitude which overall leads to a better connection with my faith.

My family pushes one another towards doing the right thing so that we can decide what to do for ourselves and keep our faith alive by choice, but not by force. This encourages us to learn about Catholicism and have our hearts occupied by it in our decision making and outlook on the creations before us. Many Catholics are leaving the church, but I am not worried. If there are people like my siblings and parents in the world, who are constantly working to keep people committed to God, then there is always hope!