

**Gifts of the Visitation Project by ACCW, 2021**  
**Based on the book, Gifts of the Visitation by Denise Bossert**

**Session #10: Gift of Trust**

**Opening Quote:**

“[Have] boundless trust in God who never abandons us. We may be certain that the Lord is with us, and therefore we must be persevering on our journey, thanks to hope which instills fortitude.”

Pope Francis, Homily, 09-23-2013

“It is important to have friends we can trust. But it is essential to trust the Lord, who never lets us down.” Pope Francis, Twitter, 02-03-2014

**Scripture:**

*“During those days Mary set out and traveled to the hill country in haste to a town of Judah, where she entered the house of Zechariah and greeted Elizabeth. When Elizabeth heard Mary’s greeting, the infant leaped in her womb, and Elizabeth, filled with the holy Spirit, cried out in a loud voice and said, “Most blessed are you among women, and blessed is the fruit of your womb. And how does this happen to me, that the mother of my Lord should come to me? For at the moment the sound of your greeting reached my ears, the infant in my womb leaped for joy. Blessed are you who believed that what was spoken to you by the Lord would be fulfilled.”*  
*Lk 1:39-45*

**Written Reflection:**

These beautiful young women have learned to trust in the Lord through both good and difficult times. Their openness to the Spirit and to one another has led them deeper in faith. They are trusting God. Mary and Elizabeth put their complete trust in God. This session helps us to reflect on trust: Why do you think Mary and Elizabeth were able to place their trust in God’s plan? Do I trust that God has a plan/purpose for me? Do I believe God is trustworthy, especially when life is difficult? Am I a trustworthy person? Do I surround myself with trustworthy friends?

**Video Witness:**

*Gift of Trust* by Erin Jeffries, Amy Peyton, and Danielle Weber of St. Athanasius Parish, Jesup.

**Reflection/Discussion Questions:**

Erin, Amy, and Danielle have a unique tie to Mary and Elizabeth because they are cousins. And, like Mary and Elizabeth, the Spirit has brought them together in a “newfound” friendship. They more fully appreciate Mary and Elizabeth’s relationship: “After Mary finds out she will bear God’s son, Mary travels to visit her friend, and leans on the wisdom of Elizabeth.” These three friends also lean on each other. “When I’m having a bad day or I’m struggling with something, the Holy Spirit guides me to you guys.” Does the Spirit lead you to a trusted friend when you’re having a bad day? Who? How?

Like Mary and Elizabeth, their friendship is built upon trust and confidentiality. Erin notes: “It’s a really important aspect of friendship to have trust in what we talk about. Knowing that what we say is with us, and it doesn’t go anywhere.” Do you have someone you trust completely? Have you experienced a betrayal of trust? Have you experienced the healing of a broken trust?

Following the *Beauty in Christ* event, Danielle wanted to dive deeper into her faith. She feels compelled to ask questions, and knows that Erin and Amy will help her understand without

judgment. And, no matter what, she trusts them to lead her closer to Christ. Is there someone you can trust with your questions of faith? Who can you trust to bring you closer to Jesus, no matter what you're going through?

Erin, Amy, and Danielle reflected on the Spirit's presence at the *Beauty in Christ* event: "Lightbulbs went off and it was God saying we need more of this (women coming together in the Lord)." So, they created a Facebook page for women, *Women w Words*, where women can meet virtually to discuss faith and life! What "light bulb" moments have you experienced? Did you act upon them? How does the Holy Spirit help you to see things differently?

Amy has learned to trust God "where He shows up." She sees the importance of having a relationship with Christ upon which to build relationships and friendships with other people. Our relationship with Christ, and friends, is a "sacred, intimate trust." How important is your relationship with Christ? What difference does Christ make in a friendship? Is the Spirit leading you to bring Christ to a friend?

These women's inner conversations with Christ flow into their friendship: "And this must be how Mary and Elizabeth felt when they had questions. They didn't understand why it was happening, but they said "yes" to the unknown, and the mystery." When have you trusted the Spirit enough to say, "yes" to the unknown? When has a trusted friend helped you to trust in the mystery?

**Challenge:**

Work on trust. Build or repair trust. Ask God to send you a trusted friend, especially when you have questions of faith. Invite at least one woman to participate in a Bible study, join an online women's group, or attend *Beauty in Christ* with you. Pray for strength and trust when the Lord gives you a new mission!

**Closing Prayer:**

"Lord, give me a spirit of trust. Like Mary and Elizabeth, help me to trust where you are leading me. Let me follow your will, especially when the skies are dark and it's hard to see the way. Help me to trust you enough to take one more step in faith. Thank you for the trustworthy friends who lead me to you. For your glory. Amen."

Adapted from *Gifts of the Visitation*, Bossert.

Hail Mary, full of grace. The Lord is with you.  
Blessed are you among women, and blessed is the fruit of your womb, Jesus.  
Holy Mary, Mother of God,  
pray for us sinners now and at the hour of our death. Amen.

Glory be to the Father, and to the Son, and to the Holy Spirit.  
As it was in the beginning, is now, and ever shall be, world without end. Amen.

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