



# Encountering the Light of Faith

## *Lumen Fidei* Online Retreat: Day 2

### Retreat Guide



# Day 2 Theme:

## *The Creed: How can I say “I Believe?”*

Pope Francis teaches us that in order to say “I believe,” to make a true act of faith, we must first recognize that it is impossible to say these words on our own. “It is impossible to believe on our own. Faith is not simply an individual decision which takes place in the depths of the believer’s heart, nor a completely private relationship between the “I” of the believer and the divine “Thou”, between an autonomous subject and God.” He continues, “Our belief is expressed in response to an invitation, to a word which must be heard and which is not my own; it exists as part of a dialogue and cannot be merely a profession originating in an individual,” (*Lumen Fidei*, 39.)

Faith is God’s initiative. He created, He saved us, and He is the one who gives us the words to profess faith in Him. The light of faith helps us to discover our true self, and reveals that our purpose in life is to be co-workers with God receiving our life as a gift from him, discovering our identity and his children, and walking by faith the path which leads to Him.

The realization that we do not come to faith on our own is not as strange as we might think, perhaps we have just forgotten it, “Persons always live in relationship. We come from others, we belong to others, and our lives are enlarged by our encounter with others.” (LF, 38)

No one is born into this world through his or her own means. We are all born of a woman, in a family. When I say “I” it is only because I have parents who were a “we,” without them “I” do not exist. “Even our own knowledge and self-awareness are relational; they are linked to others who have gone before us: in the first place, our parents, who gave us our life and our name. Language itself, the words by which we make sense of our lives and the world around us comes to us from others, preserved in the living memory of others.” (LF, 38)

Jesus, the Son of God, reveals to us that God is a “We” reflecting “the openness of God’s own love, which is not only a relationship between the Father and the Son, between an “I” and a “Thou”, but is also, in the Spirit, a “We”, a communion of persons.” *Lumen Fidei*, 39.

When we say “I Believe” we say these words in communion with God in his Church. “We can respond in the singular – “I believe”- only because we are part of a greater fellowship, only because we also say “We believe”. (LF, 39)

# Day 2:

## *Space for Reflection*

1. How do you respond to God's invitation of faith?
2. Where and with whom are you your most true self? How many "masks" do you carry around and how often do you change them?
3. How do you open the door of faith to others? Do I invite people to my home? Do I begin my meal with a prayer, even in public? Do I have lunch with others rather than alone at my desk? When was the last time you invited someone to come with you to Mass or an event at Church?
4. Is the concept of God as a "We" new to you? If so, how?