

# faith project

# My Faith

SESSION 4

## Mount Calvary Mentor Ministry

### Intentional Conversation

1. I think the difference between God and religion is...
2. If I had to choose between creation and evolution I would choose...because...
3. I feel God mostly when...
4. God always seems absent when...
5. God is... Jesus is... Christianity is...
6. How would you describe your faith?
7. If I had to choose another way of faith/religion it would be...because...
8. I sometimes find faith.....(finish this sentence)
9. I sometimes find religion...(finish this sentence)
10. What's the difference between religion and faith!?
11. Read the quotes to the side and on the inside page—talk about what they say...
12. What does it mean to make a promise?
13. Do you find promises easy or hard to keep?
14. What kinds of promises are hard to keep?
15. Talk about someone who made a promise to you and broke it...how did it make you feel?
16. The three things that are most important to me about my faith are...



“Faith is believing in things when common sense tells you not to”

George Seaton



**Read Together ~ Psalm 139:1-6, 13-16**

- <sup>1</sup> "O LORD, you have searched me and you know me.
- <sup>2</sup> You know when I sit and when I rise; you perceive my thoughts from afar.
- <sup>3</sup> You discern my going out and my lying down; you are familiar with all my ways.
- <sup>4</sup> Before a word is on my tongue you know it completely, O LORD.
- <sup>5</sup> You hem me in—behind and before; you have laid your hand upon me.
- <sup>6</sup> Such knowledge is too wonderful for me, too lofty for me to attain.
- <sup>13</sup> For you created my inmost being; you knit me together in my mother's womb.
- <sup>14</sup> I praise you because I am fearfully and wonderfully made; your works are wonderful, I know that full well.
- <sup>15</sup> My frame was not hidden from you when I was made in the secret place. When I was woven together in the depths of the earth,
- <sup>16</sup> your eyes saw my unformed body. All the days ordained for me were written in your book before one of them came to be."

**Discuss** the words or phrases that stand out to you?

**Discuss:** What does God know about you and how does God feel about you.

Do you believe this Psalm?  
What would the world be like if everyone believed this Psalm?

As you read through the bible verses, do it three times:

1. You read and your mentee listens...
2. Your mentee reads and you listen
3. You or your mentee read it again, and underline or highlight words or phrases that stand out to you.

**The QUESTION:** What you are promising when you get confirmed...

Do you promise to continue in the covenant God made with you in Holy Baptism: to live among God's faithful people, to hear his word and share his supper, to proclaim the good news of God in Christ through word and deed, to serve all people, following the example of our Lord Jesus,



- What do you think of these promises?
- How surprised are you that you have to make promises to be confirmed?
- Talk together about what they mean...
- Who will help you keep these promises?
- What happens if you break these promises?

A Faith Project is a way of making visible for yourself and others your faith and how you feel about it. It is like exploring your own faith and coming up with a way that others can see what you've been doing and who you are! It is important as you get ready to make your confirmation promises, that you know what it is that faith means to you right this very moment - to know how you think of God, Jesus, being Lutheran, prayer, etc. **Your task is to create a faith project.** The mentors job is to help you to think about faith and to think about your project. They can give you ideas and even help you!!! *Below are just a few ideas.* This project is due BEFORE YOU GET CONFIRMED.



- Computer collage
- Write a song
- A picture collage
- Pottery/clay
- Paint or Draw
- Poetry
- Sing a song at church
- Make something with wood
- Make a video
- Make a faith Photo Album
- Do something with woods, metals, etc.
- Help lead liturgy in worship
- Knit a prayer shawl.
- Research an issue you are interested in
- Make a power point presentation on faith
- Make a power point presentation using a favorite song
- Keep a prayer journal for a couple of months
- Interview people who have impacted your life - what is their faith like?
- Attend a couple other churches (even of different faiths) — take pictures, write about their worship, interview the pastor or leader.
- Make a music video

<sup>1</sup>We think having faith means being convinced God exists in the same way we are convinced a chair exists. People who cannot be completely convinced of God's existence think faith is impossible for them. Not so. People who doubt can have great faith because faith is something you do, not something you think. In fact, the greater your doubt the more heroic your faith.

