



Sunday the 16th of August 2026, Twentieth Sunday in Ordinary Time, Year A

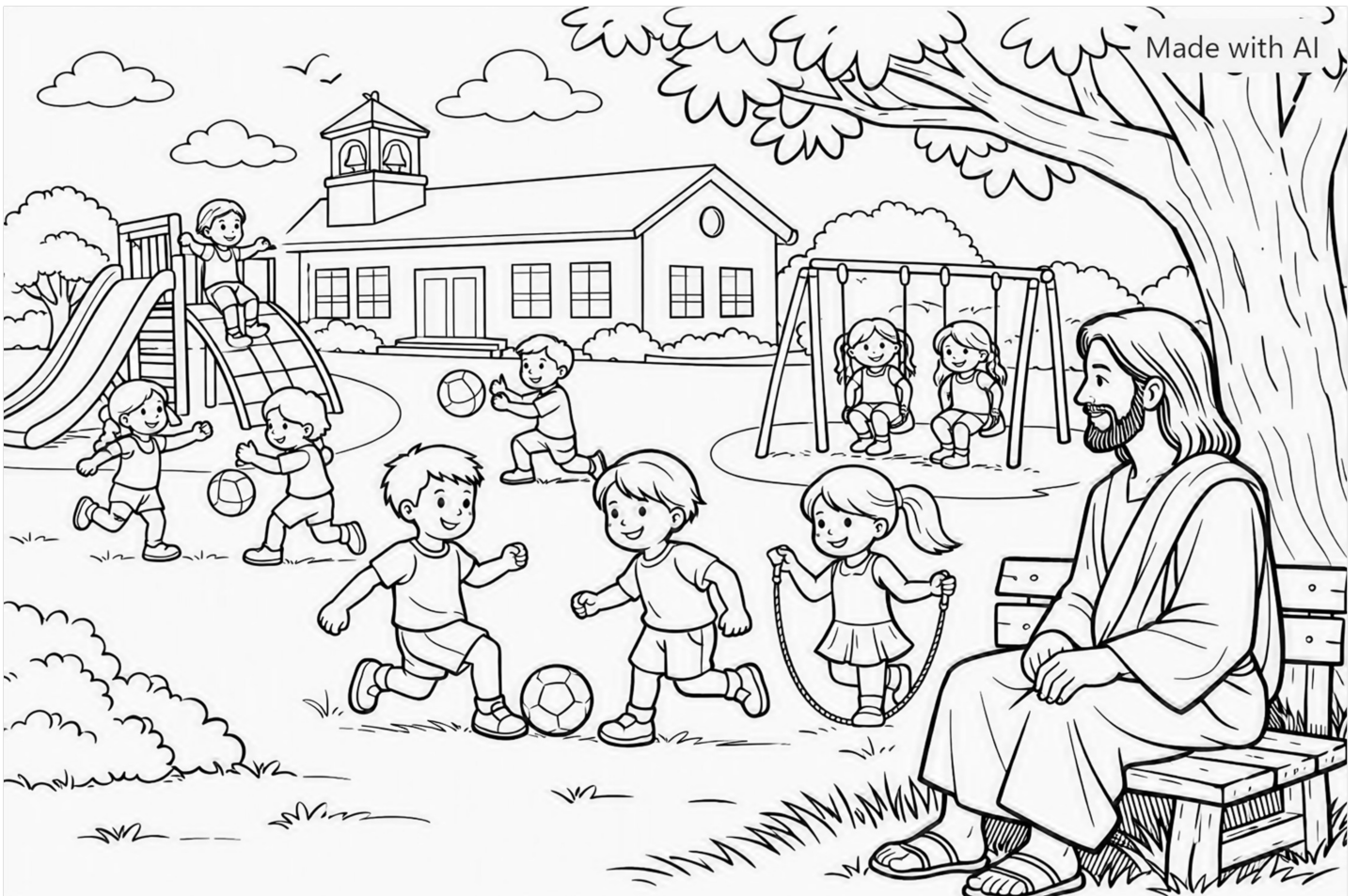
Our Lady of Perpetual Help Parish **Children's Bulletin**

What is faith?

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Have you ever sat down in a chair trusting that it would hold you up? Have you ever flipped on a light switch trusting that the light would come on, even though you can't actually see the electricity? Have you believed someone when they said It's going to be okay, even while you were still scared? If you said yes, then you already know something about faith.

Faith is trusting God, even when you can't see Him, touch Him, or hear His voice out loud. Faith means believing something is true, even before we can prove it. You don't stay up all night to make sure that the sun rises in the morning, you just trust that it will, because it always has. Faith in God work a little like that, except even better because God has promised to never leave us.



A story about faith

After Jesus rose from the dead, Thomas, one of His apostles, said that He wouldn't believe it unless he could touch Jesus's wounds with his own hands. So Jesus appeared to him and let him do that. Then Jesus said something important: *"Blessed are those who have not seen and yet have believed."* (John 20:29). That blessing is for us. We believe in Jesus without having seen His face, and Jesus calls that a wonderful thing.

Jesus also said that faith doesn't need to be big or perfect to matter. Even faith as small as a mustard seed can move mountains (Matthew 17:20). So even if your faith sometimes feels small, that's more than enough to start with.

Faith is a gift

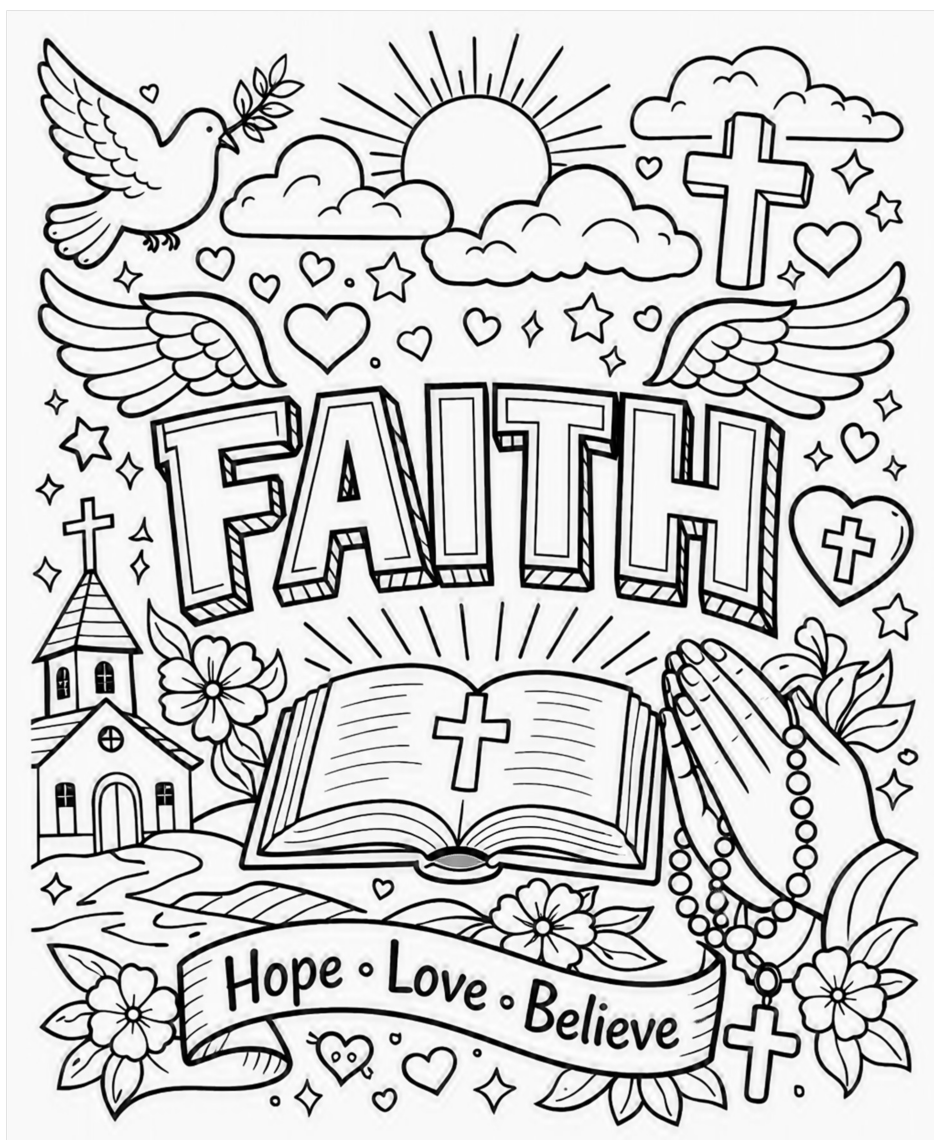
Faith is a gift from God. We don't need to earn it. He has given it to us. Every time you pray, go to Mass, or read a story from the Bible, God is helping your faith grow a little bit more, even if you can't feel It happening.

Think about it

- ◆ When has trusting someone, even without proof, helped you?
- ◆ What is one thing you believe about God, even though you've never seen Him?
- ◆ What's one small thing that you could do this week to help your faith grow?

A prayer for this week

Dear God, I can't see You, but I believe You are with me. Help my faith grow a little more every day, like a tiny seed growing into something strong and tall. Amen.



'Cana Kids' Youth Group for Primary School Students (Years 4 to 6)

'Cana Kids' meets from 11-12am every second Sunday in the St Monica's meeting room. Meeting dates for the rest of this term are the 23rd of August, 6th of September and 20th of September. For more information see the flyer in the foyer, the poster up in the foyer (or with the other notices outside the Church at St Michael's) or contact Rebecca and Katie (our Youth Coordinators) at youth.belconnennorth@cg.org.au.