

Yr 2, Parents' Cheat Sheet

Great Fast Jesus Heals the Boy With a Spirit

1. What did the father say to Jesus when he asked him if he believed that his son could be healed?

“Lord, I believe. Help me when I do not believe.” Faith is a gift from God. He offers it to us, but we have to be open enough to receive it. He will never do things to force us to believe, but He will always give us chances in our lives to believe. When we have trouble believing that He will take care of us we need to remember the father in this Gospel story and pray with him, “Lord, I believe! Help me when I do not believe!”

2. Why couldn't the disciples heal the boy?

Jesus said that healing like this could only happen with prayer and fasting. Prayer and fasting are ways to grow closer and closer to God. They aren't just rules that God gives us because He wants to have power over us or magic things that give us “points” in God's book. They are practices that strengthen us spiritually and will bring us closer to Him so that we can understand His will better. They are ways to open our hearts to believe more fully, to love more fully, to do God's will more fully and to cooperate with God in healing others and ourselves. Prayer and Fasting are way more powerful than we think!

3. Understanding how powerful prayer and fasting can be, let's remind each other of the sacrifices we have decided on during Lent and encourage each other.

We are half way through Lent! This is a good time to reflect on how we have been doing. It's a good reminder to everyone to “keep up the fight!” Let's encourage each other!