



19th Sunday in Ordinary Time

Hebrews 11: 1-2, 8-19

Now faith is the assurance of things hoped for, the conviction of things not seen. For by it the people of old received their commendation.

By faith we understand that the universe was created by the word of God, so that what is seen was not made out of things that are visible.

By faith Abraham obeyed when he was called to go out to a place that he was to receive as an inheritance. And he went out, not knowing where he was going. By faith he went to live in the land of promise, as in a foreign land, living in tents with Isaac and Jacob, heirs with him of the same promise. For he was looking forward to the city that has foundations, whose designer and builder is God. By faith Sarah herself received power to conceive, even when she was past the age, since she considered him faithful who had promised. Therefore from one man, and him as good as dead, were born descendants as many as the stars of heaven and as many as the innumerable grains of sand by the seashore.

These all died in faith, not having received the things promised, but having seen them and greeted them from afar, and having acknowledged that they were strangers and exiles on the earth. For people who speak thus make it clear that they are seeking a homeland. If they had been thinking of that land from which they had gone out, they would have had opportunity to return. But as it is, they desire a better country, that is, a heavenly one. Therefore God is not ashamed to be called their God, for he has prepared for them a city. By faith Abraham, when he was tested, offered up Isaac, and he who had received the promises was in the act of offering up his only son, of whom it was said, "Through Isaac shall your offspring be named." He considered that God was able even to raise him from the dead, from which, figuratively speaking, he did receive him back.

Some things to think about...

Have a discussion with your Mini Vinnies group about 'faith' and what it means. Think of examples of things that you 'have faith' in. Discuss the term 'faith in God'. What does 'faith in God' mean to you? Think about examples of how you can show your faith in God.

Activity

Write the word 'FAITH' vertically, down the side of a page. Using each letter from this word, write 5 sentences on ways that you can show your faith in God (e.g. Follow the 10 commandments, Always forgive others, Involve myself in Mini Vinnies, etc...)

Teacher's Notes

This passage from Hebrews teaches us about faith—trusting in God's promises even when we cannot see the outcome. It uses Abraham and Sarah as examples of people who believed in God's plan, even when it seemed impossible. Abraham left his home without knowing where he was going, and Sarah believed she would have a child despite her old age. Their faith was not just about what they could see or understand, but about trusting God's bigger plan.

Even though they did not receive everything promised to them in their lifetime, they remained faithful, looking forward to something greater—God's eternal kingdom. This reminds us that faith means believing in God's goodness and trusting Him, even when things are uncertain. (You may wish to use a simpler translation of this reading, or read up to 'grains of sand by the seashore'.)

Notes: