

FOUNDATIONS OF FAITH I
SESSION 1: FOUNDATIONS OF FAITH
 Why am I here? God is calling me.
CANDIDATE GUIDE

SESSION TOPIC:

- *Why Am I Here? God Is Calling Me*

SESSION MESSAGE

- God created each person intentionally, **out of love and for a purpose**. God knows each of us personally, calls us into a relationship with Him, and gives us unique gifts to love and serve others.

TOPIC 1: GOD CREATED AND CALLED ME

One of the most important truths of the Catholic faith is that **no person is an accident**. Before we were born, God knew and loved us. Our lives were already present in God's loving plan.

Scripture

“Before I formed you in the womb I knew you, before you were born I dedicated you.”
(Jeremiah 1:5)

God knows our:

- Gifts and abilities
- Hopes and dreams
- Struggles and weaknesses
- Needs and the person we can become through His grace

To say that God knows us “by name” means that **we are never anonymous, forgotten, or unimportant to Him**.

TWO IMPORTANT TRUTHS

Truth 1: We Were Created Out of Love	Truth 2: We Were Created for a Purpose
Every person is: • Wanted by God • Known by God • Valued by God • Loved by God	God created us to: • Know and love Him • Love and serve others • Use our gifts for good • Grow in holiness • Live with Him forever

Important Point: *Our deepest purpose is to live in a loving relationship with God and become the person He created us to be.*

FOUNDATIONS OF FAITH I
SESSION 1: FOUNDATIONS OF FAITH
 Why am I here? God is calling me.
CANDIDATE GUIDE

TOPIC 2: GOD CALLS ORDINARY PEOPLE

Throughout Scripture, God called ordinary and imperfect people for particular missions:

- Abraham was called to trust.
- Moses was called to lead.
- Samuel was called to listen.
- Mary was called to say yes.
- Peter was called to follow.
- Paul was called to change and proclaim the Gospel.

None of these people was perfect. Yet God called each one and provided the grace needed to respond.

Scripture

“Do not fear, for I have redeemed you; I have called you by name: you are mine.”
(Isaiah 43:1)

Catechism

“God calls man first.”
(CCC 142)

Faith begins because **God reaches out to us first**. Before we search for God, God already loves us and inviting us into a relationship with Him. Faith is our free response to God’s loving invitation.

God continues to call people today through:

- Prayer
- Sacred Scripture
- The Sacraments
- The teachings of the Church
- Trusted and faithful people
- Personal gifts and experiences
- The needs of others

Central Truth

God calls ordinary and imperfect people, gives them the grace they need, and works through their faithful response.

FOUNDATIONS OF FAITH I
SESSION 1: FOUNDATIONS OF FAITH
 Why am I here? God is calling me.
CANDIDATE GUIDE

TOPIC 3: JESUS AND THE SAINTS SHOW US OUR PURPOSE

To understand who we are and why we are here, we must look to Jesus. **Jesus reveals God's love and shows us the true purpose of human life.**

Scripture

"I came so that they might have life and have it more abundantly."
(John 10:10)

Jesus teaches that life's purpose is not simply success, popularity, possessions, or wealth. Our purpose is to know God, love Him, serve others, grow in holiness, and live with Him forever.

"You shall love the Lord, your God, with all your heart. . . . You shall love your neighbor as yourself."
(Matthew 22:37–39)

Important Point: Our purpose is fulfilled through love.

Examples from the Saints

- **Saint Francis of Assisi** answered God's call with courage and trust.
- **Saint Thérèse of Lisieux** answered God's call through small acts of everyday love.
- **Saint Carlo Acutis** used his gifts in technology to help others grow closer to Jesus in the Eucharist.

The saints followed God in different ways. Their lives show that **holiness is possible for ordinary people** and that everyone can use personal gifts for a holy purpose.

TOPIC 4: RESPONDING TO GOD'S CALL

God's call is not only a one-time event. **God's call is a daily invitation to know Him, trust Him, and follow Him.**

We respond through:

- **Prayer:** Speaking with God and listening for His guidance
- **Scripture:** Reading and reflecting on God's Word
- **Mass and the Sacraments:** Receiving God's grace
- **Service:** Loving others and responding to their needs
- **Trust:** Following God even when we cannot see the entire plan

FOUNDATIONS OF FAITH I
SESSION 1: FOUNDATIONS OF FAITH

 *Why am I here? God is calling me.*

CANDIDATE GUIDE

Scripture

“Trust in the Lord with all your heart. . . . In all your ways be mindful of him, and he will make straight your paths.”

(Proverbs 3:5–6)

God may not reveal His entire plan at once. God asks us to trust Him and take the **next faithful step**.

PERSONAL REFLECTION

Take a few moments to reflect quietly and write your responses.

1. What gifts has God given me?

2. How can I use one of my gifts to love or serve someone?

3. Where might God be calling me to grow?

4. What sometimes prevents me from hearing God’s call?

5. What is one faithful step I can take this week?

My Response to God

Complete the statement: **This week, I will respond to God’s call by . . .**

FOUNDATIONS OF FAITH I
SESSION 1: FOUNDATIONS OF FAITH
 Why am I here? God is calling me.
CANDIDATE GUIDE

Summary: Why Am I Here?

The Catholic faith provides a clear and hope-filled answer:

- I am here because God loves me.
- I am here because God created me for a purpose.
- I am here because God is calling me into a relationship with Him.
- I am here to use my gifts to love and serve others.
- I am here to grow in holiness and live with God forever.

Closing Scripture

“For we are his handiwork, created in Christ Jesus for the good works that God has prepared in advance.”
(Ephesians 2:10)

Central Message

I am not an accident. God created me out of love and for a purpose. God knows me by name, calls me into a relationship with Him, and gives me unique gifts to serve others. Through Confirmation, the Holy Spirit strengthens me to answer God’s call with courage, faith, and trust.

SESSION REFERENCES BY CATEGORY

SACRED SCRIPTURE: IDENTITY AND PURPOSE

- **Jeremiah 1:5**
God knew Jeremiah before birth and called him to a particular mission. This passage supports the teaching that every human life has dignity, meaning, and purpose. [bible.usccb.org]
- **Isaiah 43:1**
God assures His people that they have been redeemed, called by name, and belong to Him.
- **John 10:10**
Jesus explains that He came to give humanity abundant life.
- **Matthew 22:37–39**
Jesus teaches that our fundamental calling is to love God wholeheartedly and love our neighbor.
- **Proverbs 3:5–6**
God’s people are called to trust God, remain mindful of Him, and allow Him to guide their path. [bible.usccb.org]
- **Ephesians 2:10**
Each person is God’s handiwork, created in Christ Jesus for good works.

FOUNDATIONS OF FAITH I
SESSION 1: FOUNDATIONS OF FAITH

 *Why am I here? God is calling me.*

CANDIDATE GUIDE

The full biblical texts can be accessed through the United States Conference of Catholic Bishops online Bible. [\[bible.usccb.org\]](http://bible.usccb.org)

SACRED SCRIPTURE: PEOPLE CALLED BY GOD

Abraham: Called to Trust

- **Genesis 12:1–4**
God called Abraham to leave his homeland, trust His promise, and become a blessing to the nations. [\[bible.usccb.org\]](http://bible.usccb.org)

Moses: Called to Lead

- **Exodus 3:7–12**
God called Moses to confront Pharaoh and lead the Israelites out of slavery. [\[bible.usccb.org\]](http://bible.usccb.org)

Samuel: Called to Listen

- **1 Samuel 3:1–10**
Samuel learned to recognize God’s voice and respond, “Speak, for your servant is listening.” [\[bible.usccb.org\]](http://bible.usccb.org)

Mary: Called to Say Yes

- **Luke 1:26–38**
Mary freely accepted God’s invitation to become the mother of Jesus.

Peter: Called to Follow and Serve

- **Matthew 4:18–20**
Jesus called Peter to leave his fishing nets and follow Him.
- **John 21:15–19**
Jesus forgave Peter and renewed Peter’s mission to care for His people.

Paul: Called to Change and Proclaim

- **Acts 9:1–19**
Paul encountered Jesus, experienced conversion, and received a new mission.

CATECHISM OF THE CATHOLIC CHURCH

- **CCC 1: Created to Share God’s Life**
God freely created humanity out of His goodness and invites every person to share in His blessed life.
- **CCC 27: The Desire for God**
The desire for God is written in the human heart because humanity is created by God and for God.
- **CCC 142: God’s Invitation and Our Response**
God lovingly addresses humanity as friends and invites people into communion with Him. The proper response to this invitation is faith. [\[vatican.va\]](http://vatican.va), [\[usccb.org\]](http://usccb.org)
- **CCC 143–144: The Obedience of Faith**
Faith involves freely entrusting oneself to God and listening obediently to His Word. [\[vatican.va\]](http://vatican.va), [\[catholicdoors.com\]](http://catholicdoors.com)

FOUNDATIONS OF FAITH I
SESSION 1: FOUNDATIONS OF FAITH

👉 *Why am I here? God is calling me.*

CANDIDATE GUIDE

- **CCC 145–147: Abraham’s Response of Faith**
Abraham is presented as a model of trusting obedience because he followed God without knowing the entire plan. [\[catholicdoors.com\]](http://catholicdoors.com), [\[uscgb.org\]](http://uscgb.org)
- **CCC 148: Mary’s Response of Faith**
Mary is presented as the most perfect example of the obedience of faith because she freely accepted God’s Word and plan. [\[catholicdoors.com\]](http://catholicdoors.com)
- **CCC 2567: God Calls First**
This is the correct reference for the teaching**“God calls man first.”** God always takes the initiative, especially in prayer, and the human response follows God’s loving invitation. [\[vatican.va\]](http://vatican.va)

SAINTS AND WITNESSES OF HOLINESS

- [Saint Francis of Assisi](#)
Saint Francis demonstrates how answering God’s call may require **courage, trust, simplicity, sacrifice, and service to people in need.**
- [Saint Thérèse of Lisieux](#)
Saint Thérèse demonstrates how a person can answer God’s call through **prayer, trust, small acts of love, and faithfulness in ordinary life.** Her hidden life had a powerful missionary impact. [\[vatican.va\]](http://vatican.va), [\[vatican.va\]](http://vatican.va)
- [Saint Carlo Acutis](#)
Saint Carlo demonstrates how young people can use **technology, creativity, and personal gifts** to share the faith and help others grow closer to Jesus in the Eucharist. [\[stanthonyshs.org\]](http://stanthonyshs.org), [\[uscgb.org\]](http://uscgb.org)