**Frederic the Follower**



Frederic Ozanam grew up in a Catholic family where he learned to pray and loved God. At the age of 15 though, he began to question his Faith.

Sometimes we too question our Faith when we don’t understand why bad things still happen, when people we love get sick, when poverty affects so many people and when disasters strike our beautiful world.

Sometimes it’s hard to get up for Mass on a Sunday morning when we’re tired or even go to the vigil when you’re busy gaming or listening to your music.

Frederic found someone to talk to when he felt like this. It was a local priest called Fr Noirot. He spoke to Fr Noirot and had discussions about how he felt. Fr Noirot listened and talked openly to Frederic. He reassured him that doubts like these about Faith were entirely normal. He helped him to find his way through this period and find his faith again, even stronger than it was before.

Frederic went on to grow close to God through prayer and through seeing God in the eyes of the poor and reaching out with practical help.

Finding someone to discuss questions about Faith, like Frederic did is a great idea. It might be your local priest as it was for Frederic, a teacher, member of local SSVP, a friend, parents of a friend; anyone you trust and who you feel will be a good listener. You may find that they’ve had doubts too and found some ideas which reassured them.

And of course, the most important person to keep talking to is God.

**Prayer Task**

**Write a prayer of 10 lines, asking God to guide us when we’re tired, fed up or doubting our Faith. Illustrate it by drawing a picture or printing one out.**

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