



# Catholic Basics



## 1. GOD LOVES YOU

Yes, you!

God loves you unconditionally.  
He has always loved you.

He wants to help you through

- Your struggles
- Your anxiety
- Your fears

**You have never been alone.**



## 2. LOVE GOD

We seek hope - peace - fulfillment. And it comes through our love of God.

Prayer is your connection to God. It is one of the ways He loves you and you love Him in return.

Turn to Him in prayer and find the peace you seek. Attending Mass is a form of prayer. Any conversation with God is prayer - whether recited or from your heart.

As you pray, share with Him your worries, concerns, disappointments, and frustrations.

**God wants to help you. You just need to ask.**



## 3. LOVE ONE ANOTHER

Our Catholic faith recognizes everything we have is a gift from our loving God.

- Our family.
- Our friends.
- Our homes.

We are given these gifts to do His will in our lives. Each of us have unique talents and abilities no one else has. When we use these gifts in service of others, we grow closer to God. As we grow closer to God, the more He helps us to love others and serve Him.

As Jesus says in the Bible (John, Chapter 13 Verse 34) — *I give you a new commandment: love one another. As I have loved you, so you also should love one another.*

**How is God inviting YOU to share His love today?**