

Year of Faith
Liturgical Minute No. 17
Faith, the Root of our Sanctification

Faith can be viewed as the root of our sanctification. Tree roots search in the soil of the earth for the chemicals necessary for nutrition and growth. In the same way, faith sinks its roots into the deepest recesses of the soul, and feed there on divine truths, a life-giving nectar that brings us to spiritual perfection.

Tree roots, if deep, give the tree a solid foundation to sustain the winds and rains of the storm. Also the human soul that is anchored in faith, withstands spiritual storms. Tree roots unite its branches and its fruit to the life-giving richness of the soil. In like manner, faith unites us to God and the life-giving richness of his grace.

Trees and other plants need sunlight as a source of energy needed for growth. For us, God is our source of energy for the process of spiritual conversion – a source of light to the mind, a source of strength to self-control, and a source of comfort to the soul, so that the light of God becomes our light; his knowledge, our knowledge; his wisdom, our wisdom; his Spirit, our spirit; and his life, our life.