

# Five Ways to Show Catholic Courage at Work

**Headline:** Do your co-workers know you're Catholic? Or have you hidden that part of yourself in the parking lot with your rosary? This week, we step it up by finding real and concrete ways to be a courageous Catholic witness at work—not in a loud or preachy way, but with quiet confidence that lets your light shine.

**Objective:** This week is about rejecting compartmentalized faith. If we're really Catholic, then our faith can't just exist at home and at Mass. We are called to be Catholic 24/7—and that includes work. This session will challenge us to step it up by asking how Jesus wants to use us professionally, not just personally. Our goal is to discover practical and authentic ways to live and witness the Faith right where we are, without compromising professionalism.

Here are five ways to show Catholic courage at work:

1. Keep a visible reminder of your faith in your workspace—like a crucifix, Bible, or saint card.
2. Make the Sign of the Cross and pray before meals, even in the breakroom.
3. Privately offer to pray for a coworker going through a hard time—and then follow through.
4. Refuse to gossip, cut corners, or speak poorly about others—stand firm in integrity.
5. Be excellent in your work and joyful in your attitude; let your life spark questions about your faith.

**Song Suggestion:** They'll Know We Are Christians

## Bible and Catechism Readings:

### Matthew 10:32-33

"Everyone who acknowledges me before others, I also will acknowledge before my Father in heaven; but whoever denies me before others, I also will deny before my Father in heaven."

### Matthew 5:13-16

"You are the salt of the earth... You are the light of the world... Let your light shine before others, so that they may see your good works and give glory to your Father in heaven."

### Catechism 905

Lay people also fulfill their prophetic mission by evangelization, "that is, the proclamation of Christ by word and the testimony of life." For lay people, "this evangelization... is accomplished in the ordinary circumstances of the world."

### Catechism 2427

Work can be redemptive. By enduring the hardship of work in union with Jesus, the carpenter of Nazareth, man collaborates with the Son of God in His redemptive work. Work becomes a daily carrying of the cross and a way to grow in holiness.

**Saint:** St. Thomas More - As a faithful husband, statesman, and martyr, St. Thomas More stood firm in his Catholic convictions in the face of public pressure and ultimately execution. He is a model of integrity and moral courage in the workplace and public life, famously saying, "I die the King's good servant, but God's first."

**Vignette:** – Josh was a hard worker and well-liked by his coworkers. He went to daily Mass and led his family in evening prayer, but at work, he kept quiet about his faith. He didn't want to seem overbearing or risk losing respect. But when a coworker quietly asked him for prayer during a family crisis, Josh felt a nudge. That day, he started keeping a Bible on his desk. Nothing flashy—just a quiet witness. Over time, others opened up to him. One day, another colleague asked, “You always seem grounded. Is it your faith?” That question opened the door to a meaningful conversation. Josh realized that living his faith publicly didn't require preaching—just courage and consistency.

### **Questions for Large and Small Group Discussion:**

1. When you think about your work life, does it feel connected to your faith life?
2. In what ways are you already witnessing the Faith at work? Where could you grow?
3. Which of the five ways to show Catholic courage at work resonates most with you? Why?
4. What holds you back from being more public about your faith?
5. How does Matthew 5:13-16 challenge or inspire you personally in your job?

### **Resources:**

*Being Catholic at Work* by Randy Hain: <https://integratedcatholiclife.org/2010/10/hain-being-catholic-at-work/>

*Faith at Work: Finding Purpose Beyond the Paycheck* by Kevin Lowry: <https://www.youtube.com/watch?v=XieS9frRIU>

### **Step it up!:**

- Put a visible reminder of your faith in your workspace this week (Bible, crucifix, prayer card).
- Say a blessing over your food, even if it feels awkward.
- Ask a colleague how you can pray for them.
- Write down how you want Jesus to use your gifts at work—and bring that intention to prayer.
- When you hear gossiping, change the subject or say something kind about the person being talked about

**Author:** Michael Aldrich