Most of us are not sufficiently equipped to defend our Faith when challenged. Well, let me qualify that. We get the big picture: we can recite the Creed, we recognize Christ’s mission to save us by teaching us, sacrificing for us and redeeming us through his passion, death and resurrection. And frankly, that’s all we need.

But we’ve all been challenged by someone we know….a neighbor, a co-worker, a friend, even a relative:

Why do you pray to Mary?

How can the Pope be infallible?

Did Catholics invent the Sacrament of the Sick?

Where did we get the Assumption of Our Blessed Mother?

Where did we get Veronica who wipes the face of Jesus? She’s not mentioned in the Bible.

These questions and others make us wish we were more versed in our Faith; that we could answer them directly; that we were better apologists. In fact, there are plenty of books out there that address all of these questions. For instance, Catholic Answers has books, videos, presentations, lectures and forums on these subjects. But you may well have a terrific resource right now, in your home.

It’s the Catechism.

It’s easy to forget it’s there, and easier still to not remember what’s in it. Simply put, it is a compilation of all the truths of the Catholic Church. And it is derived from 3 principal sources: Sacred Scripture, Apostolic Tradition and the Magisterium.

The Catechism is divided into 4 related parts, sometimes referred to as pillars:

The Creed, the Liturgy and Sacraments, Life in Christ, and Prayer. The Catechism is not only instructive, but it also answers some of the tough questions.

It’s a great resource. Dust it off and read a section or two.

Oh, and why do we pray to Mary? Paragraph 971 sheds light on the answer, distinguishing devotion from adoration. You might want to look it up. Then you can share it with your curious neighbor.