

**Year of Faith**  
**Liturgical Minute No. 22**  
**Faith the Size of a Mustard Seed**

Jesus tells us in Mathew's Gospel that "if you have the faith the size of a mustard seed, you will say to this mountain, 'Move from here to there,' and it will move."

In speech, this is what is called a "metaphor." Metaphors use images or tangible things in the real world to symbolize or suggest a likeness to something else, such as the phrase, "A mighty fortress is our God," intending to mean that God is strong, and firm, and our defense against evil.

The great supposedly immovable mountain is intended to be an image for the defiant presence of a stubborn sin that has control of us. It is like a huge ugly demon "staging a sit-in" within us, refusing to budge even an inch. It is the intent of Jesus to tell us that faith, even the size of a mustard seed, is such a powerful force against evil, that it can pry loose and expel such a monster from our lives without even lifting a finger.

Faith for the Christian is like David's small stone – it will lay low the most menacing Philistine. If the tiniest speck works such marvels, just imagine what a healthy dose might do! Miracles are not out of the question.

Deacon Gary Nelson

Major Source: Father J. Anthony Giambrone, O.P., Magnificat Year of Faith Companion.