When my phone alarm sounds in the morning, I wake up from my dreams, turn off my alarm, and pick up the Bible from my nightstand.

“Between living and dreaming there is a third thing.” Faith.

I open up my Bible to the book of Luke and find where I left off the night before. I read another section and meditate on it for a bit. Then I get up to get ready physically for my day.

Faith is not only “literally” between living and dreaming. When the perceived reality of life is dismal and dreams are too magnificent to be true, it is faith that connects the two worlds and makes the dream a reality.

It is too easy to allow my mind to become so focused on activities throughout the day that I forget to talk to God in prayer. Sometimes a test will go very well or I will have the best time performing at an Irish dance show. It is easy for those times to be wonderful and peaceful. But when I am over my head with research papers and projects or overcome with responsibilities, it is easy to feel overwhelmed and wonder how I’ll have time to finish everything. These times should also be wonderful and peaceful, but when I don’t pray, they aren’t.

In these times, I wish everything could be completed, but it is not. When I remember to pray, however, I lose the anxiety and find my composure and my faith. Prayer helps me achieve that dream. I finish the paper on time and complete my responsibilities.

Faith also helps me to work toward my more extraordinary dreams. My prayer for humans to take a mature responsibility for our planet led me to send and ultimately receive responses from my Governor and State Representatives regarding global warming. My realization through prayer that I should do something to help people of different religions of the world to come to peace has influenced me as well. It has made me work to gain self-confidence in order to one day teach the masses about religious tolerance. I have also founded an Interfaith Awareness Club at my school in order to promote understanding between people with different religious beliefs. Distant dreams are not so unattainable when I have faith at my side.