

# Your Strong Faith Is The Key

## 1. What is Faith?

**Hebrews 11:1**, states what faith is: "Now faith is confidence in what we hope for and assurance about what we do not see."

Breaking down this verse provides a deeper understanding of the meaning of faith:

**1. Confidence in what we hope for:** Faith involves a deep trust and assurance in the fulfillment of God's promises. It is not merely wishful thinking but a firm confidence in the reality of what God has assured us in His Word.

**2. Assurance about what we do not see:** Faith extends beyond the realm of the visible and tangible. It involves a conviction and certainty about spiritual truths and realities that may not be immediately apparent to our physical senses. In the context of the Bible, this often refers to trusting in God's existence, His character, and His promises, even when we cannot perceive them with our physical senses.

This verse suggests that faith is not blind or irrational but is based on a confident trust in the character of God and the reliability of His Word. It's about relying on God's faithfulness, even in situations where the outcome is not immediately visible or understandable. Matthew 17:20 "Because you have so little faith. Truly I tell you, if you have faith as small as a mustard seed, you can say to this mountain, 'Move from here to there,' and it will move. Nothing will be impossible for you."

## 2. How Do We Obtain Faith?

Developing and maintaining faith is often considered a spiritual journey, and different individuals may find various practices helpful. Here are some general suggestions on how to cultivate and obtain faith on a daily basis:

**Prayer:** Regular prayer is a way to connect with the divine and seek guidance, strength, and understanding. Spend time in both structured and spontaneous prayer, expressing your concerns, gratitude, and seeking spiritual insight.

**Bible Study:** Reading and studying sacred texts, such as the Bible, can deepen your understanding of faith and provide inspiration. Consider focusing on passages that resonate with your current life circumstances and challenges.

**Reflection and Meditation:** Take time for quiet reflection and meditation. This can be a time to center yourself, focus on positive affirmations, and open your heart to spiritual insights. Meditation can help you develop a sense of peace and inner calm.

**Community and Fellowship:** Engage with a community of believers. Sharing your faith journey with others, participating in group worship, and being part of a supportive community can strengthen your faith through shared experiences and encouragement.

**Acts of Kindness and Service:** Engaging in acts of kindness and service to others can be a practical expression of your faith. Serving others fosters a sense of purpose, compassion, and aligns with many spiritual teachings.

**Gratitude Practice:** Cultivate gratitude by acknowledging and appreciating the positive aspects of your life. A gratitude journal or daily reflection on blessings can shift your focus toward the goodness in your life.

**Seeking Understanding:** Explore questions and doubts. Faith can deepen through a thoughtful examination of your beliefs and seeking answers to your questions. This may involve studying theology, philosophy, or engaging in conversations with mentors and fellow believers.

**Mindfulness Practices:** Practices like mindfulness and being present in the moment can help you appreciate the beauty and significance of everyday experiences, fostering a sense of awe and gratitude.

**Positive Affirmations:** Incorporate positive affirmations related to your faith into your daily routine. Repeating affirmations that reflect your beliefs can reinforce them in your mind and heart.

**Personal Reflection:** Regularly reflect on your faith journey. Consider the ways in which your faith has grown, the challenges you've overcome, and the moments of spiritual insight. This reflection can provide a sense of continuity and progress in your faith.

Remember that faith is a personal and evolving journey, and different approaches work for different people. Experiment with these suggestions and adjust them according to what resonates most with you and your spiritual path.

## 3. Is Your Faith Strong?

A strong faith can have a profound impact on various aspects of a person's life, influencing their attitudes, behaviors, and responses to challenges. Here are some potential accomplishments and positive outcomes associated with having a strong faith:

**Resilience in Adversity:** Strong faith often provides a foundation of resilience, enabling individuals to face life's challenges with a sense of hope, purpose, and perseverance.

**Peace and Inner Strength:** Faith can bring a deep sense of inner peace and strength, providing a source of comfort and stability, especially during difficult times.

**Positive Mental and Emotional Well-being:** Studies suggest that individuals with strong faith may experience lower levels of stress, anxiety, and depression. Faith can contribute to a more positive mental and emotional state.

**Healthy Relationships:** Faith can foster values such as love, forgiveness, and compassion, contributing to healthier and more fulfilling relationships with others.

**Sense of Purpose:** Many people find that faith gives them a sense of purpose and direction in life. It can provide a framework for understanding one's role in the world and the pursuit of meaningful goals.

**Acts of Compassion and Service:** Strong faith often motivates individuals to engage in acts of kindness, compassion, and service to others. This can lead to positive contributions to the community and society.

**Guidance in Decision-Making:** Faith can serve as a moral and ethical compass, helping individuals make decisions that align with their values and beliefs.

**Overcoming Fear:** Faith can provide the courage to face fears and uncertainties, trusting in a higher power or purpose that transcends individual challenges.

**Sense of Belonging:** Faith communities often provide a sense of belonging and support. Being part of a community with shared beliefs can foster a sense of connection and mutual support.

**Transformation and Personal Growth:** Strong faith can be a catalyst for personal growth and transformation. It may inspire individuals to continually seek improvement in character, values, and understanding.

**Hope for the Future:** Faith instills a sense of hope, pointing towards a future that is guided by divine purpose and promises. This hope can be a source of motivation and optimism.

**Coping with Grief and Loss:** Faith can provide a framework for understanding and coping with grief and loss. It can offer solace and the belief in an afterlife or a greater purpose beyond this life.

It's important to note that the impact of faith is subjective and varies from person to person. Additionally, the specific nature of faith (e.g., religious, spiritual, philosophical) can influence the ways in which it manifests in a person's life. Overall, a strong faith can be a powerful force for positive transformation and well-being.

## 4. These People Had Strong Faith

The Bible contains numerous examples of individuals, including apostles, who demonstrated strong faith. Here are a few notable examples:

**Abraham** often referred to as the "father of faith," Abraham is a key figure in the Bible (Genesis 12-25). His journey begins with God's call for him to leave his homeland and go to a land that God would show him. Despite not knowing the destination, Abraham obeyed in faith, trusting God's promises. His faith was tested when God asked him to sacrifice his son Isaac, and Abraham's willingness to obey showcased a profound trust in God.

**Moses**, a central figure in the Old Testament (Exodus - Deuteronomy), demonstrated faith throughout his life. He trusted God's call to lead the Israelites out of Egypt, even when faced with the powerful Pharaoh. His faith was evident in moments such as parting the Red Sea and receiving the Ten Commandments on Mount Sinai.

**David:** King David, known for his Psalms and leadership in Israel, displayed faith in various situations. His trust in God was evident in facing Goliath, navigating challenges during his reign, and seeking God's forgiveness after his sin with Bathsheba.

**Peter:** One of Jesus' twelve apostles, Peter, is often highlighted for his strong and sometimes faltering faith. He boldly declared Jesus as the Messiah but later denied Him during Jesus' trial. Peter's faith grew, and he became a key leader in the early Christian community. His preaching on the day of Pentecost (Acts 2) reflects a transformed and bold faith.

**Paul:** Initially known as Saul, he was a persecutor of Christians but experienced a dramatic conversion on the road to Damascus. As the apostle Paul, he became a passionate proclaimer of the Christian faith. Despite facing numerous hardships, Paul's letters (epistles) in the New Testament reveal a deep and enduring faith in Christ.

**Mary**, the Mother of Jesus: Mary's faith is evident in her response to the angel Gabriel's announcement that she would conceive the Messiah. Despite the challenges and societal norms, Mary submitted to God's plan with faith, saying, "I am the Lord's servant. May your word to me be fulfilled" (Luke 1:38, NIV).

These individuals, among others in the Bible, serve as examples of strong faith in various contexts. Their stories emphasize trust, obedience, and reliance on God's promises in the face of uncertainties and challenges. Starting today, increasing your faith every day should be your goal to achieving anything you want in life.

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