

♥ Snippets of Encouragement #116

Hello darlings

It is day 116 of Snippets of Encouragement, and today I want to encourage you to hold firm to your faith.

Now I am not talking specifically about religious or spiritual faith, I'm talking of faith as a whole, and more specifically your faith in you to create your life.

Faith is an interesting thing. It is the complete act of placing our complete trust or confidence in someone or something. From one perspective, this is completely insane. How can we place our faith in someone or something over which we have no influence and control, and yet we do.

As we move through life, we encounter so many moving parts. Life in itself is completely dynamic and forever changing. We realise that there are circumstances beyond our control, unforeseen and unpredictable. All the best-laid plans are subject to change and this can be petrifying at the best of times.

It amazes me that we are so quick to abdicate our faith and belief in ourselves to other people. When we should be holding fast to our desires, dreams and plans we run off seeking the advice of someone who might be wiser and more experienced than we might be. I have to ask, how can we place our faith in someone who has not had our full life experience, who has walked in our shoes?

There are times when we have a dream that nobody believes in or supports. Those around us see all the pitfalls and reasons for failure and in those moments, it is so hard to press on, moving closer towards what we desire. We quite literally have to develop huge balls in those moments. Let's face it, we all want others to understand, support, and validate us. We all want to look around at the sea of ecstatic faces, waving us on towards the finished line. However, this is not always, how life is.

In those moments, it can be incredibly difficult to continue forward with zest and zeal. It can be soul destroying when you're the only one who has faith in what you're doing, or how you're living your life.

Faith is an attribute, like perfect abs – if you want to have them, you've gotta exercise. Likewise, if we want strong, unbreakable faith in ourselves we have to practice it and exercise it often.

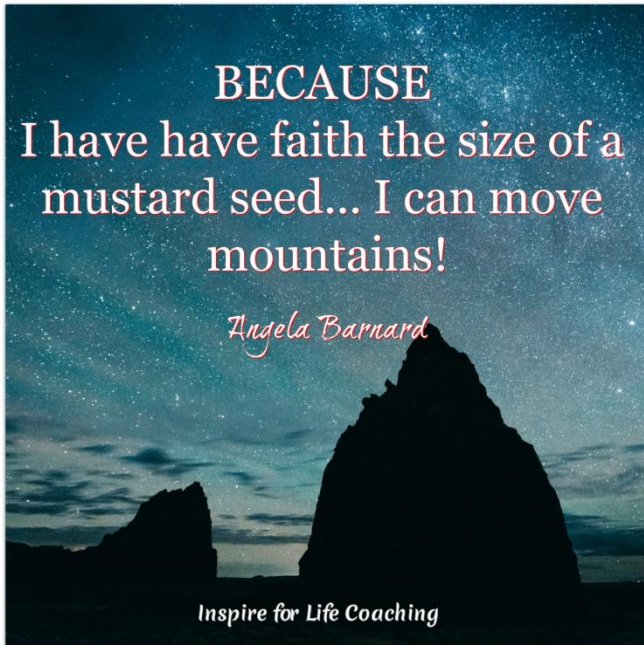
Faith is closely connected to how we feel and we think. The more we think a certain thought, the faster it falls into our belief system. What is a belief other than a thought we've had countless times? Married with emotion we can become incredibly passionate about our beliefs and faith.

Faith is both a positive and negative driving force in our lives, based on our thoughts and emotions. Therefore, if you want more faith that is positive in your life you have to create positive thoughts and emotions.



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Jesus said, "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." Isn't that just incredible? If our faith were as small as a mustard seed, we could say to a mountain move from here to there and it would. It sounds somewhat unbelievable and fantastical if you ask me.



However, there is one thing I know for sure because of my life experience, it is because I have faith as small as a mustard seed that I can move mountains. We each have different mountains to move and we don't need much, just enough faith, the size of a mustard seed.

Do you know how big a mustard seed is? I have a packet on my desk and on average one seed is a two millimetre in diameter ball. That is nothing, and this is the amount of faith we need to move mountains.

The funny thing is that tiny seed of mustard kicks quite a punch! There is enough allyl isothiocyanate – the active ingredient in mustard – to make your mouth burn when you chew on a seed. There is no doubting that when you chew one mustard seed you get what is in it.

This is how we need to be. We need to have a tiny, yet resolute unshakeable faith that we can move that mountain, because we have faith.

Therefore, be encouraged today to build your faith and exercise it. The dream that you have came to you, it belongs to you, now bring it to life.

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