

A GUIDEPOSTS OUTREACH PUBLICATION

# Faith Builders

BY  
NORMAN VINCENT PEALE

## *About the author . . .*

Norman Vincent Peale, often called the “minister-to-millions,” was senior minister at the historic Marble Collegiate Church in New York City for 52 years.

Dr. Peale and his wife, Ruth Stafford Peale, founded Guideposts in 1945, an interfaith ministry dedicated to helping people from all walks of life achieve their personal and spiritual potential. Previously, in 1940, they founded Peale Center for Christian Living, which is dedicated to continuing Dr. Peale’s legacy of positive thinking and faith. In 1995, the two organizations merged and Peale Center is now the Outreach Division of Guideposts.

Dr. Peale wrote 46 books, including the classic best-seller, *The Power of Positive Thinking*, which has demonstrated that a change in a person’s attitude will change his or her life.

Throughout his life, Dr. Peale emphasized the individual’s ability to overcome life’s problems and seize its opportunities, through faith in God and belief in oneself. He proved this in his own life. Although he was a minister of the Gospel, and believed in God, he didn’t always believe in himself.

As he matured from a shy boy into manhood, his faith led him to the conviction that God had placed a portion of His power in all of us. He reasoned that if this was the case, then each of us was capable of doing great things, so he wholeheartedly embraced the Bible as an infallible guide for creative living. This was Dr. Peale’s message: If you believe that the power of God within you is equal to any of life’s difficulties, then a rewarding life will be yours.

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# The Plan of This Booklet

THIS BOOKLET has a definite objective: to help you build a strong, workable faith.

You may say, "I want faith. But how do I get it?"

Here's how. First, read this booklet, cover-to-cover. It contains 13 ways to develop your faith. Why 13? Well, for one reason, a successful method in faith building is to work on one idea for one week. And since 13 weeks is one-fourth of a year, in three months you should have made large strides toward a robust faith.

Benjamin Franklin, in his early career, was heavily in debt. He believed he could master the principle of successful living, so he set down 13 principles, choosing one to work on for an entire week before going on to the next one. Later in life, Franklin said he owed his success and happiness to this method.

In using this booklet, we suggest that each week you memorize the suggested passages called "Faith Builders." Meditate on them, think them over, say them again and again and make them a definite part of your thought life.

Do this sincerely and they will recondition your spiritual life. They will help to change you and in so doing change everything for you.

# 1

## Start Where You Are

**P**ERHAPS YOU feel that you have very little faith. But that is no deterrent.

Everything great begins small: trees, people, ideas. So start where you are with whatever faith you do have. That is the first technique in faith building. And the second is this: make sure that little faith is real. As a Faith Builder points out, through faith as small as a mustard seed you can move mountains: that is, you can push aside great, mountainous difficulties. The power of the little thing that is vital and full of sincerity cannot be minimized.

Ask yourself: How absolutely honest is this little faith that I do have? Next, start whittling away all the irrelevancies and get down to the central essence of faith. Do you believe in God, do you believe that God and Christ are with you and that They will help you? Do you believe in yourself and in life? Belief in a few basic realities is the important factor in building faith.

Finally, don't worry about the mass of things that you feel you are supposed to believe. Simply believe that Jesus Christ is with you, helping you now, and that

through Him your life can be changed.

Start where you are. Do not minimize that little faith; just be sure that it is real.

On a piece of paper, list all the great things that you believe in. Then, work with that list. Read it over every day for the next week; add to it. Ask God to help your faith to grow. Commit to memory the Faith Builders and repeat them aloud every morning as you get up and every evening as you go to bed. You have now made the all-important beginning.

### *Faith Builders*

*And Jesus said unto them . . . verily I say unto you, If ye have faith as a grain of mustard seed, ye shall say unto this mountain, Remove hence to yonder place; and it shall remove: and nothing shall be impossible unto you. (Matthew 17:20)*

*Verily I say unto you, Whosoever shall not receive the kingdom of God as a little child shall in no wise enter therein. (Luke 18:17)*

*Behold, I have set before thee an open door, and no man can shut it: for thou hast a little strength, and hast kept my word, and hast not denied my name. (Revelation 3:8)*

SUGGESTION: Read and study John, Chapter 1. It has something to say about beginnings.

# 2

## Really Want To Have Faith

**I**F, WITH all your heart, you really want faith you can have it. But if you only say you want faith nothing much will happen.

When a desire is soul deep, when it is longing in depth, all of the inner forces of your nature conspire to bring about a realization of the desire. But when what you want is superficial, it remains as a frustration, for there is no gathering of inner power to achieve it.

“If with all your heart” is the principle of attainment. If with all of yourself you want a strong faith, one that can move mountains, overcome the impossibilities and stand up to all difficulties and lead you into the basic joys of this life, you can have it.

So, before going any further, ask yourself how far you are willing to go down the sometimes hard road to this faith. Will you exercise the discipline and the effort required? Do you have what it takes to keep on going when the going gets tough? Can you avoid letting discouragement defeat you?

And the answer, of course, is that you can do all these things if with all your heart you want and intend

to develop a strong, workable and joyous faith.

If you are not sure that you really want faith, ask God to fill you with a desire for it. He is the God of the great desires. He plants them in us and develops them. Every day declare and affirm, "I want faith, I want it with all my heart. I believe faith is being developed in me now."

Again I suggest you memorize the following Faith Builders and repeat them to yourself every morning and evening, and often during the day.

Pray for faith, think faith, exercise faith, read about faith, affirm faith.

### *Faith Builders*

*For as he thinketh in his heart, so is he. (Proverbs 23:7)*

*For where your treasure is, there will your heart be also. (Matthew 6:21)*

*But as many as received him, to them gave he power to become the sons of God, even to them that believe on his name. (John 1:12)*

*Call unto me, and I will answer thee, and show thee great and mighty things, which thou knowest not. (Jeremiah 33:3)*

SUGGESTION: For more help, read Matthew, Chapter 5.

# 3

## Faith Is a Fight, A Struggle

**A**N OLD hymn says, “Fight the good fight with all thy might.” And what is that good fight but the battle with yourself to believe; it is the struggle against pervasive doubt.

Dr. Smiley Blanton, great psychiatrist, great human being, deep Christian, used to say that he could help any person to become well if he could get that person to put up a real fight within himself to believe.

His point was, of course, that people develop fear and anxiety and all manner of emotional troubles because they do not have deep inner security, the kind that faith produces.

Therefore, as he repeated again and again, the first element in healing is to develop the capacity to believe. This requires struggle, because it runs contrary to those harbored negativisms that give rise to fear.

As you start to build faith, old doubts will do everything in their power to discourage you. Just when you think you’ve learned to believe, doubt will whisper, “Oh, no, you don’t.” When you believe that you’re going to gain the victory of faith, doubt will sneer,

“Oh, no, you haven’t.” Doubt will try to confuse you and make you think that faith is an illusion.

What, then, can you do? The answer is simple and direct: Stand up to your doubts; take authority over them. One man talks out loud to his doubts. He lectures them, “Sit down and keep still.” And again, “Go away, I don’t believe in you. I won’t listen to you any more.” He found this practice very rewarding.

Try some such method. View yourself as the absolute master of your doubts. Be ever on the alert, for doubts will sneak up on you when your guard is down.

Remember always that faith is a fight against disbelief, a struggle against doubt!

### *Faith Builders*

*Fight the good fight of faith, lay hold on eternal life. (I Timothy 6:12)*

*But let us, who are of the day, be sober, putting on the breastplate of faith and love; and for a helmet, the hope of salvation. (I Thessalonians 5:8)*

*For whatsoever is born of God overcometh the world: and this is the victory that overcometh the world, even our faith. (I John 5:4)*

*I have fought a good fight, I have finished my course, I have kept the faith. (II Timothy 4:7)*

SUGGESTION: Read Colossians, Chapter 3.

# 4

## Keep Jesus in Mind

**A**S YOU struggle against doubts in attempting to grow a strong faith, great help will come if you keep Jesus always in mind.

He understands you. He is aware that in all men good and evil are always at war. He knows that even in wanting the good, we are still attracted to the bad.

He is perfectly aware of the struggle incessantly taking place in that unseen battlefield, the human mind.

The great first thing to keep saying to yourself is, “Jesus loves me.” Remember that old hymn of childhood, “Jesus loves me, this I know. For the Bible tells me so.” That old song tells the truth.

When doubts and indecisions pile up, and you think you cannot ever become the kind of person you want to be, with the kind of faith you want to have, remember that Jesus will see you through, for He loves you.

Many years ago, a great Christian scholar by the name of Henry Drummond suggested that if you think of Jesus even for two minutes every day, the whole day will be different. So sit down, close your eyes and for two minutes think of nothing else, only Jesus.

The poet William Wordsworth used the method of repeating a passage from the words of Jesus. Then he would reflectively ask himself, “I wonder what was the tone of voice when He said that? What was the look on His face when He uttered those words?” This practice made Jesus very real to him.

Therefore, do not keep your mind on your weaknesses and doubts, but keep Jesus in mind. Try to hear His voice spiritually and touch His hand. Keep following after Him and unshakable faith will come.

### *Faith Builders*

*Jesus saith unto him, I am the way, the truth, and the life: no man cometh unto the Father, but by me. (John 14:6)*

*For God so loved the world, that he gave his only begotten Son, that whosoever believeth in him should not perish, but have everlasting life. (John 3:16)*

*Wherefore, seeing we also are compassed about with so great a cloud of witnesses, let us lay aside every weight, and the sin which doth so easily beset us, and let us run with patience the race that is set before us, Looking unto Jesus the author and finisher of our faith. (Hebrews 12:1, 2)*

**SUGGESTION:** Read Matthew, Chapter 9, which tells how Jesus helped people.

# 5

## Live the Life of Prayer

**I**T IS NOT possible to develop a strong faith without learning to pray.

But you may say: “I really do not know how to pray.” Then you must learn. And that is not as difficult as it may seem. We learn by doing, by praying. The first thing to do is just to pray and pray regularly.

How much time each day are you now devoting to prayer—five minutes, two minutes, or none at all? Let’s be honest about it. How can you meet the problems of life with faith, if you are giving such a meager amount of time to prayer? Your daily program should make a place for a few minutes of prayer and meditation every morning and every night. Pray regularly.

But there is another method that some have found useful. It is, in effect, carrying out the Biblical advice to pray without ceasing. Dr. Frank Laubach used what he called flash prayers. If he was about to make a telephone call, he offered a quick prayer asking for guidance in the conversation. In signing a letter, he offered a short prayer for the person to whom it was addressed. When you read a tragic story in the newspaper, say a

brief prayer for the persons involved.

Another method involves “shooting” prayers at people. For example, you pass a man on the street who looks discouraged. “Shoot” a prayer at him as you pass. Dr. Laubach said he had people turn in surprise and look at him, indicating that the prayer reached them. As problems or decisions arise, turn for a flashing second or two to God, asking advice and guidance.

This practice causes exciting things to happen. But beyond that it gets you into the habitual psychology of prayer. Few procedures will so quickly and effectively build faith. Soon you will become a walking, living personification of prayer and faith.

### *Faith Builders*

*Pray without ceasing. (I Thessalonians 5:17)*

*Therefore I say unto you, What things soever ye desire, when ye pray, believe that ye receive them, and ye shall have them. (Mark 11:24)*

*And he spake a parable unto them to this end, that men ought always to pray, and not to faint. (Luke 18:1)*

*Confess your faults one to another, and pray one for another, that ye may be healed. The effectual fervent prayer of a righteous man availeth much. (James 5:16)*

SUGGESTION: Read Mark, Chapter 11.

# 6

## Know That God Loves You

**W**E ARE told that God is love; that He takes note of every sparrow that falls and even the hairs of our head are numbered. This means that the least among us is very important to God.

God is described as a forgiving, loving Father. In building faith, integrate this truth into your mind. Every day say aloud, “I am a child of God. God is interested in every detail of my life. God loves me.”

If any doubt arises, reaffirm and reiterate God’s love and hold to that thought until you know it for a fact.

A thoughtful man asked, “What is the greatest truth in the world?” I turned the question back to him and he said, “It is that we are not alone.”

In building your faith emphasize the great truth that no matter how dark it gets, how lonely you feel, or how you may experience rejection, you are not alone. Repeat every night and whenever difficulty comes, “I am not alone. God is with me.”

Because God loves you and is always with you, you can have confidence that if you live His way to the best of your ability and put your trust in Him, you will

discover how to withstand every shock in this life.

A method for meeting difficult responsibilities that can be of immeasurable help is simply to say: “God, please stay with me and help me and I will try to do the best I can.” Then add confidently the affirmation: “Thank you, God, for helping me *now*.”

### *Faith Builders*

*We love him, because he first loved us (I John 4:19)*

*The Lord is good to all: and his tender mercies are over all his works. (Psalm 145:9)*

*The Lord hath appeared of old unto me, saying, Yea, I have loved thee with an everlasting love: therefore with loving kindness have I drawn thee. (Jeremiah 31:3)*

*Why art thou cast down, O my soul? and why art thou disquieted in me? hope thou in God: for I shall yet praise him for the help of his countenance. (Psalm 42:5)*

*He that loveth not, knoweth not God; for God is love. (I John 4:8)*

SUGGESTION: Read Psalm 91 which describes how God loves you.

# 7

## Remember God Watches Over You

**W**HATEVER your circumstances you can be sure that God watches over you. Because He loves you, and since God Himself is love, you can be confident that you are never out of His sight, nor His loving concern.

How can you believe this? First, reiterate it to yourself. Reiteration is a powerful method of persuading the mind to accept a truth. It brings about acceptance.

Thank God constantly for watching over you and protecting you. After every journey thank Him for His protecting care. In every difficult situation, thank Him for seeing you through.

List on paper the times in your life you have experienced God's providential care. That list will be so impressive that it will deepen your faith.

Visualize your loved ones as being protected by the everlasting arms and supported by the great hand of God. In this way, you will be sending out protecting thoughts which God will use for their protection. Help God to protect your loved ones and yourself.

A final technique is to commit to memory many of

the passages that deal with the protective love of God. Every day, say some of them to yourself, meditating upon them with gratitude. Use the Faith Builders and others that you may discover for yourself.

### *Faith Builders*

*The Lord is nigh unto all them that call upon him, to all that call upon him in truth. (Psalm 145:18)*

*Trust in the Lord with all thine heart; and lean not unto thine own understanding. In all thy ways acknowledge him, and he shall direct thy paths. (Proverbs 3:5, 6)*

*Humble yourselves therefore under the mighty hand of God, that he may exalt you in due time: Casting all your care upon him; for he careth for you. (I Peter 5:6, 7)*

*Cast thy burden upon the Lord, and he shall sustain thee: he shall never suffer the righteous to be moved. (Psalm 55:22)*

*If I take the wings of the morning, and dwell in the uttermost parts of the sea; Even there shall thy hand lead me, and thy right hand shall hold me. (Psalm 139:9, 10)*

SUGGESTION: Read John, Chapter 14, which further tells of the loving care of God.

# 8

## Stand Up to Your Fears with Faith

**T**HE second greatest force in the world is fear. It is impossible to estimate the number of lives it has ruined. A famous psychiatrist says, “Anxiety is the great modern plague.”

But let us not dwell on the second greatest force in the world, but rather on the greatest force of all, and that is faith. Fear is very strong, but faith is much stronger. Faith can actually cancel out fear.

The first step in building faith against fear is to stand up to your fears with faith. And so incredibly strong is faith, that even a little faith, if it’s real, can undercut enormous fear. Another technique in the faith building process is to discover why you have fears. Counseling may be required to gain this insight.

The third step is something not to do. Do not go skulking through life, being timorous and afraid. Say to yourself, and mean it: “In the name of God and by the power of Jesus Christ, I hereby stand up to my fears with faith. I am no longer afraid.”

If you do not weaken, your fears one by one will finally slink away. But you must be vigilant. If you let

down your faith, your fears will try to return. You have given hospitality to them for so long that they feel at home in your mind. Sadly, you may even miss them. But deliberately become obstinate, gloriously obstinate. Tell yourself that, with God's help, you will not let them come back. Keep filling your mind so full of faith that there will no longer be any room for fears.

### *Faith Builders*

*The Lord is my light and my salvation: whom shall I fear? the Lord is the strength of my life; of whom shall I be afraid? When the wicked, even mine enemies and my foes, came upon me to eat up my flesh, they stumbled and fell. Though a host should encamp against me, my heart shall not fear: though war should rise against me, in this will I be confident. (Psalm 27:1-3)*

*For I the Lord thy God will hold thy right hand, saying unto thee, Fear not; I will help thee. (Isaiah 41:13)*

*Watch ye, stand fast in the faith, quit you like men, be strong. (I Corinthians 16:13)*

*Yea, though I walk through the valley of the shadow of death, I will fear no evil: for thou art with me; thy rod and thy staff they comfort me. (Psalm 23:4)*

SUGGESTION: Read Hebrews, Chapter 11.

# 9

## Add Up Your Securities

**O**NE REASON people have weak or little faith is due to a continual emphasis on their insecurity. As a result, they develop a haunting feeling that something bad is going to happen. Over them constantly rests a cloud of sinister uncertainty.

One cannot mentally dwell upon insecurity without feeling insecure. And faith has great difficulty in taking root in a soil of insecurity.

To counteract this unhappy situation and unpropitious influence in your life begin at once to dwell upon and emphasize the security factors in your life. Add up your “securities.”

If you felt poor, but had a number of securities in the safety deposit box in the bank you could go there, add them up and leave feeling pretty secure financially.

Similarly, make a list of the dependable and secure factors with which you are surrounded. Such things as the good earth, whose seed time and harvest can be depended upon. The sun never fails to come back and shine through the clouds. You have the love of your wife or husband, the love of children. Your heart still

beats. You can eat and walk and think.

Go on and add to the list and over it all write the words “God” and “Jesus Christ.” As you habitually add up your securities, feelings of insecurity will diminish. Your faith will grow stronger.

### *Faith Builders*

*The Lord is my rock, and my fortress, and my deliverer; my God, my strength, in whom I will trust; my buckler, and the horn of my salvation, and my high tower. (Psalm 18:2)*

*I can do all things through Christ which strengtheneth me. (Philippians 4:13)*

*Fear thou not; for I am with thee: be not dismayed; for I am thy God: I will strengthen thee; yea, I will help thee; yea, I will uphold thee with the right hand of my righteousness. (Isaiah 41:10)*

*Therefore will not we fear, though the earth be removed, and though the mountains be carried into the midst of the sea. (Psalm 46:2)*

*And we know that all things work together for good to them that love God, to them who are the called according to his purpose. (Romans 8:28)*

SUGGESTION: Read Psalm 90.

# 10

## Practice Your Faith

**I**N THE development of any skill, continual practice is required. To become proficient in music or on the golf course or in anything, practice makes one, if not perfect, at least more competent.

So, in developing faith, practice faith in every possible situation. To do this is to use positive expressions such as: “This project is going to turn out well; this problem will come out satisfactorily.” Never say: “This project is doomed to failure; this problem is too difficult.” Be affirmative in your attitudes.

What we say about a situation determines how we think about it and finally what we do about it. Attitude largely determines activity; so watch your attitude and make it one of faith. By practicing positive attitudes, your faith will grow stronger in faith and results will be creative.

In practicing faith, read inspirational material—books and articles by people who believe and about individuals who have achieved through faith. Of course, the greatest book is the Bible, but inspirational books will also help. Saturate your mind with them.

Associate with inspirational people, with persons who have themselves developed faith. Such associations will definitely strengthen your own faith. Someone else who has struggled through to acquire a creative faith will inspire you.

For this reason, become active in the church. Unhappily, there are negative people in the church; but the proportion of faith-minded people is higher there.

### *Faith Builders*

*The Lord hath done great things for us; whereof we are glad. (Psalm 126:3)*

*He layeth up sound wisdom for the righteous: he is a buckler to them that walk uprightly. (Proverbs 2:7)*

*Behold, now is the accepted time; behold, now is the day of salvation. (II Corinthians 6:2)*

*A new heart also will I give you, and a new spirit will I put within you. (Ezekiel 36:26)*

SUGGESTION: Read Matthew, Chapter 7. Memorize verses 24-27.

# 11

## Learn To Trust

**L**EARNING to trust is important in building faith. Actually, we live on a trust basis every day. We trust the motorman of a train, the driver of a bus, the pilot of an airplane. We put our lives completely into the hands of those men. And we are quite willing to do so, for we have faith in them.

Here we are on this earth, a whirling island in the sky. Our lives are in the hands of Someone who directs its orbits and laws. Whether we like it or not, we are wholly dependent upon God, so we must trust Him. And we must trust Him without giving it a thought.

But how may we trust God in life's daily affairs? One way is to know and love God. We trust human beings whom we know and love. And when you know God, His goodness, kindness and faithfulness, you will trust Him, for you will love Him. He will fulfill your trust. He will never let you down.

Do the best you can about everything and trust the outcome to God. Confidently trust Him to handle things beyond your efforts. He knows the facts. Every day, especially when you feel uncertain, try saying the

following to yourself:

1. I put my life in God's hands.
2. I will trust God's guidance.
3. I leave the outcome to God.

Live close to God. Believe that He has the answers to your perplexities. The closer you live to Him the more sensitively will you pick up His thoughts for you. This will create in you a profound confidence. This will build up your faith.

### *Faith Builders*

*The Lord is good, a stronghold in the day of trouble; and he knoweth them that trust in him. (Nahum 1:7)*

*Behold, God is my salvation; I will trust, and not be afraid: for the Lord Jehovah is my strength and my song, he also is become my salvation. (Isaiah 12:2)*

*The God of my rock; in him will I trust: he is my shield, and the horn of my salvation, my high tower, and my refuge, my saviour; thou savest me from violence. (II Samuel 22:3)*

*For thou art my hope, O Lord God: thou art my trust from my youth. (Psalm 71:5)*

SUGGESTION: Read Isaiah, Chapter 55. It tells what trust can mean to you.

# 12

## Know the God of the Impossible

**T**HE PERSON who believes that seemingly impossible things can happen will develop an incredibly strong faith. In fact, you can measure your faith by your concept of the impossible.

People who grow a great faith are those who believe that nothing is too good to be true. Little minds see only little things and as a result only little things ever happen. But big minds see big things happening, for big faith brings big results.

An upstate New York farmer told me once: “Think big, pray big, believe big, see God as big, and life will be big.”

Never build a case against yourself. Never settle for that which is small. Only be willing to accept from life the big things that life has to give to those who have a large faith in a God of greatness.

Practice letting your mind stretch itself. Deliberately think bigger and bigger thoughts of faith. Conceive of greater things occurring through your faith. Take a deep breath and venture out beyond your depth. Do not hug the shore; do not fear high places. You can go

as far as you think you can. Think high and wide and deep and far.

You will never go any higher than your thoughts or your prayers or your faith. So practice stretching your faith. You can never stretch it higher than God. But you can stretch it to Him.

### *Faith Builders*

*And this is the confidence that we have in him, that, if we ask any thing according to his will, he heareth us. (I John 5:14)*

*And he said, The things which are impossible with men are possible with God. (Luke 18:27)*

*But Jesus... said unto them, With men this is impossible; but with God all things are possible. (Matthew 19:26)*

*Jesus said unto him, If thou canst believe, all things are possible to him that believeth. (Mark 9:23)*

*Cast not away therefore your confidence, which hath great recompense of reward. (Hebrews 10:35)*

SUGGESTION: Read Luke, Chapter 8, which tells of some of the great things Jesus does.

# 13

## Commit Yourself

**W**E HAVE saved until the last the greatest Faith Builder of all, which is to commit yourself to God and to Jesus Christ.

What do we mean by commit yourself? It is to give yourself to the Lord. Another way of saying it is to surrender your life to His control, to follow His guidance in all that you do and are.

I would like to tell you about a man who learned the greatest spiritual truth of all. He was under much stress from pressure and trouble. Then he surrendered his life to Christ. He simply said, "Lord, I give myself to You." His faith prior to that time was weak and inadequate and he lacked joy and creative power.

But after he fully gave himself to Christ, he found his faith growing stronger. New joy came to him and he was able to work more effectively than ever before.

Another man who achieved great faith from small and weak beginnings had on his desk a framed statement: "What would Jesus do?" This constant challenge so changed his life from weakness to power that he had the statement made up for others. He gave more than

3000 of them to people everywhere, many of whom found strong faith and new life.

What is written here is not theoretical but the result of personal spiritual experience. They have worked for others. They can work for you. Give yourself to God in faith and He will give Himself to you. The result will be a powerful faith strong enough to move huge mountains which heretofore have seemed impossible barriers. Make your own sincere commitment now.

### *Faith Builders*

*That if thou shalt confess with thy mouth the Lord Jesus, and shalt believe in thine heart that God hath raised him from the dead, thou shalt be saved. For with the heart man believeth unto righteousness; and with the mouth confession is made unto salvation. (Romans 10:9, 10)*

*Commit thy way unto the Lord; trust also in him; and he shall bring it to pass. (Psalm 37:5)*

*For we are made partakers of Christ, if we hold the beginning of our confidence steadfast unto the end. (Hebrews 3:14)*

SUGGESTION: Read Matthew, Chapter 26, to deepen your commitment.

## Action Techniques

- First, list the things you believe in—God, Christ, Their help for you, etc; study this list daily and add to it as you grow.
- Affirm “I want Faith, I want it with all my heart.”
- Personalize doubt and banish it, speaking out loud to it.
- Think only of Jesus for two minutes each day.
- Have a regular time to pray, morning and night.
- Use “flash” or fragmentary prayers. Try “shooting” prayers at people.
- Ask God to stay with you in difficult situations, and affirm that He is helping you now.
- Make a list of the times you have experienced God’s providential care.
- Visualize your mind so full of faith that fear is crowded out.
- Write down all your “securities,” those dependable factors with which you are surrounded.
- Read inspirational books, associate with inspiring persons. Practice your faith.
- Affirm “I put my life in God’s hands. I trust God’s guidance. I leave the outcome to God.”
- Practice stretching your faith—never build a case against yourself.
- Put the question “What would Jesus do?” where you will see it daily. Commit yourself now to Christ.





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