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When I start to feel overwhelmed, I remember that my faith is bigger than my difficulties. I take refuge in my spiritual beliefs.

My faith gives me comfort. It lights my way through the darkness. When I read about war and crime, I remember that there is also good in the world. When I experience setbacks, I count my blessings.

My faith gives me patience. I find the motivation to keep moving forward.

My faith gives me courage and strength. I know that I have powerful allies on my side. I dare to speak up and take risks.

I read scriptures and inspirational texts. Divine wisdom realigns my thinking. **I stop creating trouble for myself through self-centeredness or negative thinking.** I focus on being kind, generous, and productive.

I reach out to other members of my spiritual community. I feel connected to the universe. I receive love, support, and

valuable feedback.

I meditate and pray. I spend time communicating with the divine and contemplating profound truths.

I use my faith to guide me through the choices I make each day. **My beliefs become clearer when I put them into action.** When I trust in my faith, I find ways to handle any situation while remaining calm and happy.

Today, I search for the spiritual purpose behind the events in my life. I rely on my faith to see me through.

Self-Reflection Questions:

1. What does it mean to walk by faith?
2. How can I remind myself to turn to my faith when I am sad or angry?
3. How do I sustain my faith during challenging times?