

My faith grounds me and gives me strength

My faith grounds me and gives me strength.

My faith in a higher power gives me strength. It allows me to be free of the burden of facing life alone. Faith permits me to believe in things I am unable to see. I can see the speck of light in the darkness when faith is my companion.

I have faith, but keep my feet moving. I work as if everything depends on me. I have a significant role to play in my happiness and success.

Faith and patience are inseparable. I must have patience if I have true faith.

Faith leads to strength in resiliency. I can weather any storm if I have enough faith. **I can remain calm, cool, and collected in the face of adversity.** Any obstacle is reduced in size when I nurture my faith that everything can be okay in the end.

My courage is at its greatest when I have faith. I have the confidence necessary to overcome anything in my path. **I am bold and confident.**

Faith keeps my motivation high. When I know that success is likely, my motivation stays strong. My faith in a higher power grounds me and gives me strength.

Today, I renew my faith in a higher power. I ground my thoughts and actions in that faith. I use faith to build the strength to enhance my life and the lives of others.

Self-Reflection Questions:

1. If I had more faith, how would it impact my mood and thoughts?
2. What would happen to the level of stress I experience each day if my faith were stronger?
3. What are the advantages of having more faith?