

My faith uplifts me

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I trust in my faith. I feel light and powerful.

Faith inspires me to aim higher. I set goals that are challenging and feasible because I know that I can accomplish great things by working hard and accepting divine guidance.

Faith helps me conquer my fears. I overcome my doubts by pushing through them. I free myself from self-imposed limitations. I see myself through my Creator's eyes, and marvel at my own potential.

Faith deepens my gratitude. I am content with what I have. I count my blessings and share my good fortune with others.

Faith supports me through difficult times. When the going is rough, I ask for help and search for meaning.

Faith helps me to be patient. I remain calm when things turn out differently than I expected. I can wait for the truth to be revealed. I remain cheerful and keep trying.

Faith gives me joy and peace. My spirit is glad even when I am dealing with events that sadden me. I clarify my thinking and focus on what makes me happy. I rest secure in my faith.

I believe it when faith tells me that anything is possible. I face each day with courage and love.

Today, I praise my Creator, and put my beliefs into action. My heart sings and my faith invigorates me.

Self-Reflection Questions:

1. What does keeping the faith mean to me?
2. What is the relationship between love and faith?
3. How can I remind myself to turn to my faith when I am struggling?