

Day 168 – Friday, Sept 4

“To one who has faith, no explanation is necessary. To one without faith, no explanation is possible.” — Thomas Aquinas

To my readers

I am sorry I did not get around to emailing you yesterday. I forgot to set my alarm, slept in and the day got progressively worse.

Hopefully [tomorrow](#), all will be back on track.

Why is Faith so Important?

Sometimes, when things don't go according to plan, we lose faith, not only in ourselves, but also in any potential outcome in our lives. Failure will do that to you. When we experience life's monumental failures, it's easy to [lose hope](#), and even faith.

But what's the difference?

Faith, at its core, is deep-rooted in the expectation of good things to come. It goes beyond hope. While much of hope lives in the mind, faith is steeped in the heart and the spirit. It can't be explained away by reason or logic, or be understood through a single dimension. While life can be hard at the best of times, faith is the knowledge, deep down inside, that things will get better. It's taking the next step when you can't see the entire staircase. Simply put, life would fail to have reason if we didn't have faith.

We couldn't drive our cars without faith that someone wouldn't cross the divider and crash into us. If we didn't have faith, how could we fly in an airplane, a metallic machine soaring 35,000 feet in the air? Without faith, how could we move from one moment to the next without completely second-guessing every last thing that we did? *Without faith, we couldn't expect that things would turn out all right for us no matter what the situation might be.*

Faith, then, is just as important as the air we breathe. While the oxygen in the air nourishes the body, faith nourishes the heart and the soul. It's the energy that courses through every single fiber and cell within our beings. It's part of every muscle and every strand of thought. It is the fundamental foundation of our existence. Simply put, the importance of faith cannot be underestimated. **People have moved mountains with their faith. Even when situations seemed dire and bleak, it was their faith that carried them through. There's little to no explanation for it in the physical realm; it's the metaphysical fiber that binds us all, carrying each of our deepest wishes and desires. That's where faith lives.**

Unfortunately, some people don't believe in things that they cannot see. They explain things away due to other causes and effects, failing to find the small miracles in life that exist and work in our favor on a constant basis. There's an enormous level of importance attributable to having faith in life.

5 reasons given in the next two days

In the light of eternity, we're here for a very short time, really. We're here for one thing, ultimately: to learn how to love, because God is love. - James Finley

Sincerely,
Fr. Jim Kaptein