

## Day 169 – Saturday, Sept 5

### 5 Reasons to Have Faith

Faith isn't just a notion that some people hold onto in tough times; faith is an important element to all human life on earth. Life is precious, but it can also be remarkably difficult at times. Faith is what helps to get us through, illuminating the pathway in times of darkness, helping to give us strength in times of weakness. Without faith, we are nothing.

Here are 5 reasons why having faith is so important in life.

#### *#1 — The focused power of faith breeds abundance*

The mind is an incredibly powerful tool. It can be used for good, but also go to waste when neglected or abused. In times of trouble, we tend to move away from positivity. We go from a state of abundance to a state of lack. But, faith is the tool that helps replenish abundance in the heart and the spirit, not just in the mind. Whatever it is that we focus on in life, we get more of. If we focus on problems, we live solely in those problems and have difficulty moving past the negativity. Alternatively, however, when we focus on positivity and seek out solutions, we can resolve our problems and move from a state of lack back to a state of abundance.

When we train our minds to think in abundance, and we hold unwavering faith, we gravitate towards that. We attract good things because we believe and expect in good things to come. Similarly, when we believe and expect bad things to come, we also attract that into our lives.

Faith is the pathway for abundance, so be sure to hold it at the forefront of your mind. Don't be afraid to expect the very best for yourself. This isn't about being selfish or aimlessly wishing for things; this is about the true, utter, deep-down belief in your heart and your soul that things will improve, and that you deserve the very best in life.

#### *#2 — Whatever doesn't kill you makes you stronger*

There's a powerful story in the bible called the Book of Job. The story is about a man named Job who was as astute as any man could be. He believed strongly in God and held high his faith. But the story goes that one day the devil paid God a visit. The topic of discussion? Job's faith. The devil reasoned that Job was faithful because he had been blessed with so much in life. Family, money, land, and respect. But the devil proposed that should God take any number of these things away from Job, he would no longer be the faithful man that God held him up to be. The devil claimed that Job would curse God and that his point would be all but proven. God, of course, disagreed.

So, this agreement began when God began taking things away from Job's life. Over the course of these trials, Job loses everything that he had worked so hard to create over the years. His livestock, all his money, his family, his friends, and his health. However, even when his wife told him he should curse God, Job didn't. He remained faithful. Afterwards, God restored all of Job's worldly possessions, family, and health. To add to that, God multiplied what Job once had many times over. The moral of the story? Whatever doesn't kill you makes you stronger. Times might be bad and you might want to throw in that proverbial towel. But never lose faith. For a person without faith is likened to a stream without water — they would cease to exist.

Next three reasons given [tomorrow](#)

*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