

Day 170 – Sunday, September 6

#3 — Faith helps you to discover your purpose in life

Going through life and all of its ups and downs can take a toll on us. At times, it's enough to question our very existence. But through all of the trials and tribulations we might face, it's faith that gives us that helping hand. It works to guide us in the right direction, moving us towards and allowing us to discover our purpose in life.

This doesn't happen overnight. Usually, when we're faced with a difficult situation, it gets harder before it gets better. Little by little, a part of us is broken, until one day, we dig deep down inside and somehow find the strength we needed to make it through. That strength comes from our faith. Whether it's your faith in God or in something else, that faith shall set you free.

Everything in life is far easier to get through when we have faith. It's the guiding light that helps push us towards our purpose.

#4 — Faith trumps stress, anxiety, and fear

It's easy to allow stress, anxiety, and fear to run our lives. We go from moment to moment worried about one thing or another. Sometimes, those worries manifest themselves into highly-stressful situations, causing not only mental anguish, but physical problems as well. There's a clear and documented connection between stress and the increased likelihood of disease and illness. When we allow our minds to move into that realm unchecked, there's no telling of the damage that can be done. But it's faith that helps to keep those things at bay. Even when we have no reason to believe that things will get better, it's through faith that our situations do improve. When you hold the utter expectation of that in your mind, no challenge is too difficult.

Learn to harbor faith and use it to eliminate stress, anxiety, and fear. Think back to situations in the past when you made it through something you thought was insurmountable. Believe and expect that good things will happen, and they will. This isn't about ignoring your problems; this is about knowing that your situation will improve deep down inside your heart and your soul.

#5 — It acts as the pathway to finding solutions

Faith is the pathway to finding solutions in life. Keep in mind that human beings were made to thrive, and not just survive. If you're only surviving, there's far greater in store for you. There's a pathway to all of your solutions, and that pathway is steeped in faith and the expectation of greater things to come in time. No matter what the situation is, no matter how bad or dire you think it might seem, your faith can and will get you through it. You must accept that as fact, and hold on to the expectation of greater things to come. Don't stop pushing or searching for an answer to help resolve whatever situation you might be facing in your life.

If you really want something in life, and I mean you really want it deep down inside and you have a strong-enough reason you absolutely must achieve it, faith is the thing that helps you to see that through. It's at the core of a persistent heart. Never give up on your hopes and your dreams just because you faced some initial setbacks. Lean on your faith as often as possible and you'll soon come to realize why having unwavering faith is so important in life.

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