

All About Faith



*Revealing the Presence
of God in Our Hearts*

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With the exception of Love, there is perhaps no other spiritual principal more essential to living a healthy, happy and prosperous life than Faith. Yet, this all important ingredient that is necessary to live a truly spiritual life is not really understood by most people.

There is a plethora of spiritually oriented materials that emphasize the importance of Faith. However, there is very little that delves into the actual psycho-spiritual mechanism of Faith, let alone how to actually get it, and then use it productively in our lives. Following is a listing of the short illustrated essays that are included as a part of this packet.



Notable Quotes About Faith

A good place to begin an exploration of Faith is to see what other great minds have to say about it. Just as a single snapshot could not give you a complete picture of a house, likewise a single description could hardly capture the whole essence of an ethereal quality such as Faith. Therefore, we can only come to understand the totality of Faith by looking at it from as many different views as possible. Therefore, we will start off with a short collection of 'notable quotes' about Faith. By considering how each one of these great minds sees Faith, we will begin to develop a more holistic view, and a 'felt sense,' of the true nature of Faith.

What Is Faith?

Once we have developed a vague intuition about the importance and nature of Faith, we can then begin to inquire more deeply into its true essence by exploring its nature as described in the Word of God. This two page illustrated essay explores the nuances of Faith in the context of the Sacred

Scriptures, so that our understanding is based on principles of Truth that have withstood the test of time, yet still correspond to our modern sensibilities.

Turning Fear Into Faith

This document is a compendium of short passages on the subject of Faith by the modern spiritual teacher Ernest Holmes. They have been selectively arranged in a manner that vaguely describes an evolutionary process, that is more clearly defined in the next essay contained in this packet.

Stages of Faith

Faith does not come all at once, although it may sometimes develop through a series of quantum leaps. But overall, the development of Faith is a gradual process that occurs in three major stages that are described in this one page illustrated essay.

The Eightfold Path to Faith

The next step that we must take towards developing greater Faith is to engage a more specific process based upon the Word of God. This three page illustrated essay provides an outline of such a codified process, as well as the principles upon which it is developed. The specific tools for implementing this spiritual practice is contained in another packet entitled, 'The Fear to Faith Action Packet,' available in the NovaTech Library.

Placing Our Faith

Once we have developed greater Faith within our own being, it is important for us to understand how to use it productively to improve the quality of our lives. This one page illustrated essay provides us with guidance in that respect.



Just as a single snapshot could not show you the whole of a house, likewise a single description could hardly capture the whole essence of a Spiritual Truth such as Faith. Therefore, we can only come to understand Faith by looking at it from as many different views as possible. Following is a short collection of notable quotes about Faith. By considering how each one of these individuals sees Faith, you will begin to develop a more holistic view, and a 'felt sense,' of the true nature of Faith.

Jesus Christ

"According to your faith be it unto you."
...Matthew 9:29

Saint Paul

"Faith is the substance of things hoped for; the evidence of things not seen."...Hebrews 11:1

Ernest Holmes

"Faith means a belief in the presence of an invisible principle and law which directly and specifically responds to us."

Charles Fillmore

"Faith is a magnetic power that draws to us our heart's desire from invisible spiritual substance. It is a deep inner knowing that that which is sought is already ours."

Lloyd Tupper

"To have the faith of God, as opposed to faith in God, creates the experience of demonstration as opposed to the experience of mere hopeful expectation."

Benjamin Franklin

"The way to see by faith is to shut the eye of reason."

Algernon C. Swinburne

"Faith lives when hope dies dead."

Emma Curtis Hopkins

"Sometimes people have thought they ought to sit down in the midst of dishes needing washing, and account books needing straightening, and refuse to do these tasks, because to do them is a sign of belief in labor. It is not yours to demonstrate the cessation of work. It is yours to settle your faith. Keep at your tasks till your faith is so clear that the free Spirit sifting through it, takes the dishes out of your way and calls another to straighten your accounts while you are being used as a redeemer from death and pain."

Blaise Pascal

"Faith embraces many truths which seem to contradict each other...This then is faith: God felt by the heart, not by the reason."

St. Augustine

"Faith is to believe what you do not see. The reward for this faith is to see what you do believe."

Krishna

"A man consists of the faith that is in him. Whatever his faith is, he is." ...Bhagavad Gita v17

Voltaire

"Faith consists in believing not what seems to be true, but what seems to be false to our understanding."

Frederick Bailes

"Faith naturally follows knowledge. We first get the knowledge, and then we become aware that we already have the faith; that it came of its own accord when it found a substantial enough object of truth upon which to rest."

Lloyd Strom

"Faith is when Truth and Reality coincide, and the Reality of Truth is Love. Faith is the activity of Love that reveals the Kingdom of Heaven at Hand."

Mohammed

"Faith is that belief of the heart in that knowledge which comes from the Unseen."

Sri Ramakrishna

"God can be realized by true faith alone."

Mother Theresa

"The fruit of Silence is ...Prayer;
The fruit of Prayer is ...Faith;
The fruit of Faith is ...Love;
The fruit of Love is ...Service;
The fruit of Service is ...Peace."

Faith is a word that we frequently use without ever considering the real essence of its meaning. Following are five scriptural statements about faith, which collectively provide us with a deeper understanding of its substance and function.

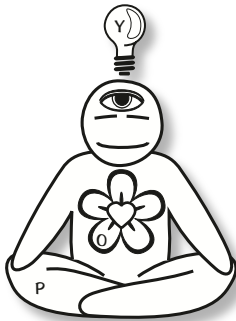
Faith is the Substance of Things Hoped For ...Hebrews 11:1



Everything is Energy
Faith = mc^2

Everything is made out of something, and modern science has revealed that the universal *something* that everything is made of is *energy*. It is the very *substance* of all things. Furthermore, the personal energy of the things that we hope for in our lives is experienced in our souls as *emotion*, which is simply 'energy in motion within us.' The spiritual term that we use to describe our awareness of the *substance*, or energy of things that we *hope* for, is 'faith.' Another name for this energy is 'the Word of God within us.' Furthermore, the energy that forms the things that we hope won't happen, is experienced as *fear* within us. The way that we transform our fear into faith is with Love. For it is written that "There is no fear in Love, but perfect Love casts out all fear." (1 John 4:18) Therefore, whenever we *forgive* what we fear, we turn our fear into faith, the 'substance of things hoped for.'

Faith is the Evidence of Things Not Seen ...Hebrews 11:1



Walk by Faith
...not by Sight.

The subtle internal experience that reveals the *reality* of things that we cannot perceive with our physical senses, is what we refer to as *faith*. It is the felt-sense, or *evidence* of the 'energy in motion within us' that will create the things that we hope will happen in our lives. It is the emotional experience of knowing that something good is going to happen. On the other hand, the emotional experience of believing that something bad is going to happen, is what we call a *worry*. The fastest way to transform our worries into wonders is to turn to the written Word of God. Whenever we *speak* aloud the universal Word of God, as given in the Sacred Scriptures, it awakens our *intuition* of the personal Word of God within us, that is the 'evidence of things not yet seen.'

Faith Comes by Hearing ...Romans 10:17



Pray Everyday
...whether you
need to, or not.

Throughout the Sacred Scriptures, the term '*hearing*' refers to *intuition*, which is defined as '*quick and ready insight*.' In this sense, we could say that '**faith is our intuition of the Word of God within us.**' In the Bible it says that "Faith comes by hearing, and hearing by the Word of God." (Rom. 10:17) In other words, the ability to *hear* the Word of God within us, through our *intuition*, is developed by hearing the written Word of God from outside of us through our physical sense of hearing. However, when we only hear the Word of God from others, it tends to merely give us *hope*. Yet, when we hear the Word of God from our very own lips, it will always awaken our *faith*. This is why it is important to speak the written Word of God as often as we can, for faith is a quality of the heart, and out of the abundance of our speaking, our hearts are changed for good. In other words, speaking the Word of God will change our hearts for the better, and forever.

Faith Tests Our Patience ...James 1:3

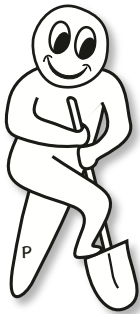


Speak NO Evil !
Don't Complain,
Criticize or Gossip

Patience is a form of calm persistence, and is defined as 'enduring without complaint.' Keep in mind, that a *complaint* is simply a 'problem prayer' that unknowingly affirms the 'mental blocks' that impede the revelation of our prayers. For example, to pray for greater financial abundance, and then *complain* about our bills, is a form of self-defeating behavior that is grounded in *mis-belief*. Even though our prayers are more powerful than our complaints, it is human nature to complain more often than we pray. So in the end, our occasional prayers are canceled out by our constant complaints. Consequently, the way to live in faith, is to pray every day, and '**don't complain!**'

Prayer + Patience = Faith

Faith Without Works is Dead ...James 2:20



Pray and then
...move your feet.

True Faith will always produce an *inspiration* in our flesh that will cause us to take an *action* that is consistent with our *intuition* of the Word of God within us. These divinely inspired *actions* are the 'works of faith' that bind us to the 'fruits of spirit' in our experience of life. On the other hand, any sort of pleasant internal experience, or *fantasy* that does not inspire us to act, is what we refer to as '*dead faith*,' which is not really faith at all. Instead, such fantasies are actually the '*near enemy*' of faith. This is because a fantasy may often look like faith on the surface, even though it is formed from a completely different *substance*.

A *fantasy* is an imaginary experience based upon *desire*, which is always built upon our '*hidden fears*.' Whereas, faith is the complete opposite of fear, and will always produce a peaceful state of trust, and deep knowingness in our soul. The easiest way for us to distinguish between a fantasy and faith is to test our hopes against the written Word of God. If we cannot find a scripture that supports what we hope will happen, then we are probably dealing with a fantasy that may never come to pass. Whereas, when our faith is founded on the Word of God, it will always inspire us to take '*right action*,' in a way that will bless our lives and make the world a better place to be.



Wisdom Alert !

Important Point: The subtlest of all human actions is the activity of *speech*. Consequently, '*spoken prayer*' is a form of *action* that affirms what our hearts intend. Therefore, every creative or healing endeavor should always begin with a prayer of intention, and end in a prayer of gratitude. In this sense, prayer becomes the alpha and the omega of the of the '*Creative Process*,' that is our experience of life. Furthermore, whenever we pray in *gratitude* from the beginning, we put the *reaper* in front of the *sower*, and quicken the manifestation process. This is why Jesus would give thanks to the Father *before* he performed a miracle. (See John 11:41,42)

Following is a collection of selected writings from the modern day spiritual teacher Ernest Holmes regarding the transformation of fear into faith.

FEAR: Antithesis of Faith

Fear is the antithesis of Faith. It is the negation of confidence. Like Faith, fear may be conscious or subjective, **and if it is to be eliminated, it must be removed both consciously and subjectively.**

...Science of Mind Glossary • Page 593

The Universal Doubt

While it is true that we can trace specific fears to certain incidents that transpired early in life, and while it is true that if we do this we can remove them, most fears finally resolve themselves into a very few attitudes of mind, most of which are based on the belief *“no one wants me, needs me, or loves me; probably I am unworthy, unnecessary, and useless; I am inadequate to meet life, I have not the strength or the power or the will to overcome obstructions, and I do not fit anywhere.”*

(The Universal Doubt – ‘I am not enough.’)

Well, the way to get rid of fear is through the cultivation of faith; a faith founded on the thought that God is all there is.

...Living the Science of Mind • Page 378

Misplaced Faith

But what is fear? Nothing more nor less than...faith misplaced; a belief in two powers instead of One; a belief that there can be a Power, opposed to God, whose influence and ability may bring us evil. In other words, to correct all the evils of the world, would be but to have the positive faith, faith rightly placed, a faith that lays hold of the integrity of the Universe, the beneficence of God and the Unity of all life. Nevertheless, we cannot have faith in that which we do not in some measure understand.

...Science of Mind • Page 156

Turning Fear into Faith

Fear and faith are identical in that the energy used in the one is the same energy as that used in the other, since there is but one final Energy in the universe and this final Energy is the energy of thought.

You should be careful not to fight fear too much, but rather, through a sort of flexible imagination, convert fear into faith.

Realizing that it is a mental attitude, you can do this very easily. Looking at the thing which you fear and examining the thought of fear which you have about it, convert this thought into one of faith, realizing that the energy of fear converted into faith will produce an effect exactly opposite.

If you will look at the thing you are afraid of until you really understand it, it will no longer have any element of fear for you.

You can do this in such degree as you are conscious of being Divinely guided and protected, and state your realization of this in a definite manner.

...Effective Prayer • Page 50,51

Facing Your Fears

To begin with you might follow a few simple rules. **First of all, if you are filled with fears, do not harbor them as a great secret in your life but find some close friend or confidant to whom you may unburden your whole soul.** This will release the tension which your fears have built up in your body. Just to talk with a calm, confident person, who can point out the reason why you need not entertain these fears, is a great relief. *(See a Practitioner.)*

This is, however, but a temporary thing, **for next you must learn to face the fears. You should not be afraid to analyze them and you should explain to yourself just why you know there is nothing to be afraid of.**

Whenever you find yourself brooding over some fear or entertaining some anxiety, begin at once to do something about it.

...Living the Science of Mind • Page 362

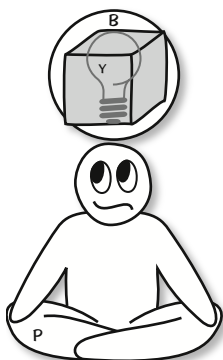
FAITH: Attitude of Truth

Faith is a mental attitude which is so convinced of its own idea—which so completely accepts it—that any contradiction is unthinkable and impossible. **Before such a mental attitude can be created, there must be nothing left in the subjective state of our thought which contradicts our objective affirmation.**

...Science of Mind • Page 283

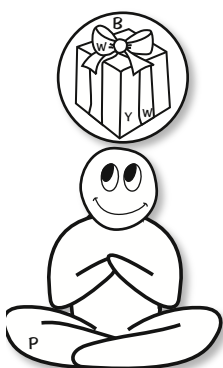
Faith doesn't happen all at once. Unfortunately, most people do not understand this, and tend to believe that Faith is something that you either have or don't have. The truth is, Faith can be developed through our '*daily dedicated spiritual practice*,' which moves us through the following stages:

1-My Hope is a Sense of Doubtful Expectation



Hope is the alpha, or beginning stage of the development of Faith. It is our felt response to some good idea that arises in our minds to oppose whatever worries us. Hope is our expectation of something good happening to us. Unfortunately, because there tends to be lingering doubts and fears hidden beneath our hopes, they often produce a form of anxiety known as *waiting*. However, whatever gives us hope can eventually heal us, unless we base our hopes on things that can change without our consent. Therefore, if our hopes arise in response to that which is *changeless*, such as the Word of God, they will become a strong foundation for our Faith.

2-My Trust Brings Me a Sense of Inner Peace



As our doubts and fears begin to fall away as the result of daily dedicated spiritual practice, we begin to experience an ever increasing sense of inner peace and trust in the creative process of Life. Trust is the transitional stage between our hopes and the ultimate outcome of our Faith, which is the graceful manifestation of something good into our lives. As our worries begin to wither away, the 'anxiety of waiting' is replaced by the grace of patience, which is a calm certainty that something good is happening to us in the present moment, despite any appearance to the contrary. Whereas waiting is the activity of fear, patience is an expression of Love, which is the absence of all fear.

3-My Gratitude Fills Me With a Quiet Delight

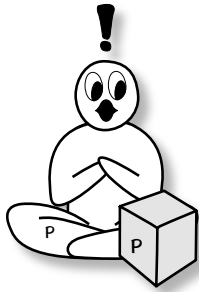


The final stage and ultimate outcome of Faith is the experience of something good manifesting into our lives. Whenever this happens, our natural human response is to feel Grateful. Consequently, gratitude is the omega, or final stage of faith. Gratitude is also the real human experience of loving God, for God is the unformed Good that is forever revealing Itself into our lives as an ever increasing manifestation of the many good things for which we are grateful.

By practicing gratitude in the beginning stages of our Faith building process, we can hasten the time it takes to manifest something good into our lives, for whenever we perform an act of gratitude in the face of our fears our Faith is deepened. The two most challenging spiritual practices that require us to face our fears with a heart of trust and love for God are *forgiveness* and *tithing*.

There is a scripturally based process by which we can release our fears in order to awaken our faith. This process is comprised of the eight basic steps described below.

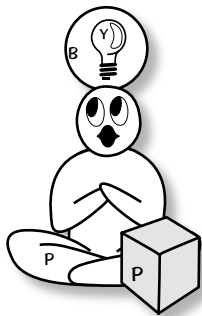
1. I Take Full Responsibility For My Problems



I am Responsible for this...

"For the thing I greatly feared has come upon me." (Job 3:25)
 Every problem and difficulty that we face in the world has been created out of our own 'false beliefs' about life. Consequently, our problems can become a starting point for removing the errors that have been 'made flesh' in our lives. It is these errors that have obstructed the highest expression of the 'divinity within us' by creating 'hidden fears' that come upon us in the form of our problems. It is human nature to avoid responsibility for our problems by blaming them on others, and to suppress the unpleasant feelings associated with them by engaging in self-destructive behaviors such as excessive eating, drinking, smoking, shopping, gambling, etc. Instead, we can take responsibility for resolving our problems and overcome our difficulties by facing the 'hidden fears' created by our 'false beliefs' about life.

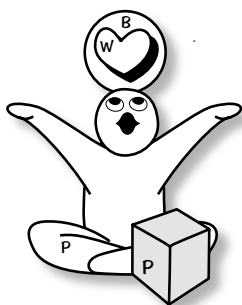
2. What I Hope Will Happen Is...



What I Want Instead is...

"Faith is the substance of things hoped for." (Hebrews 11:1)
 Hope is the first stage of faith that arises out of our natural desire for something good to happen. Therefore, our hopes can become a handle for taking hold of the faith that will ultimately resolve our problems. However, since hope is a dualistic form of faith, it tends to be opposed by hidden doubts and fears. Consequently, to merely 'hope for the best' is a sure way to leave ourselves open to the possibility that the worst could also happen. However, we know from the scriptures that 'Faith is the substance of things hoped for.' (Hebrews 11:1) Therefore, we can use our hope to lead us to the substance of what we want to happen, and this substance is the 'Word of God within us'

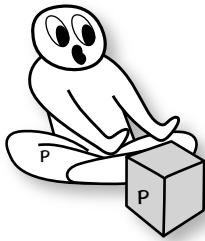
3. I Base My Faith on the Word of God



God's the Word that I Am

"Faith comes by hearing the Word of God." (Romans 10:17)
 The substance, or energy of what we hope will happen is the felt-awareness of the 'Word of God within us.' In this sense, we could say that, 'faith is the feeling of the Word.' Furthermore, we can create that feeling by simply going within and imagining that what we hope will happen has already happened. Then, from within this internal experience we can ask ourselves this question: "What is the Quality of God that seems to be revealed by what I hope will happen?" Whether it is Love, Peace, Joy, Freedom, Power etc., the Quality of God that we feel within us, is the substance of our faith. Additionally, we can magnify the felt-awareness of the Word within us by embracing the written Word of God. For example, if the 'Word of God within us' is Love, then we can meditate upon, and pray over the Promises of God that relate to Love as a way to strengthen our faith.

4. What I Consciously Fear Will Happen Is...

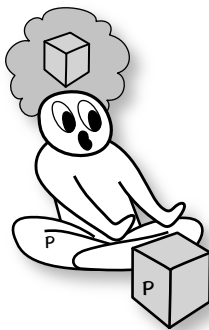


My Greatest Fear is...

"Boldly say, the Lord is my helper, and I will not fear what anyone might do to me." (Hebrews 13:6)

In order to experience the 'Word of God within us' more fully, we must be willing to experience our fears more consciously. This is because the Word is revealed by our awareness of it. However, this awareness has been diminished by the 'clouds of the doubt' that surround our hidden fears. So long as we are unwilling to face our fears, they will continue to express themselves through us unconsciously as the self-defeating behaviors that created our problems in the first place. Therefore, we must be willing to examine our hidden fears simply so we can say why they are unfounded when seen through the eyes of Spiritual Truth.

5. I Release My Belief in Error



I Release My Belief in...

"Cast down your imaginations and any (error) that would exalt itself above your knowledge of God." (2 Corinthians 10:5)

What we sometimes call *evil* is actually just an *error* that we have believed in. It is what we have *imagined* it would be like if the Word of God were not the greater Truth about ourselves. Consequently, our problems in life are created by those *errors* that we have believed in more deeply than the 'Word of God within us.' These errors are the '*false beliefs*' that create the doubts and fears that come upon us as our problems. Consequently, we must *name* the errors that are operating within us, so that we can release them from our souls in order to clear the way for the Word of God to flow through us without obstruction.

6. I Release My Need to Resist My Error

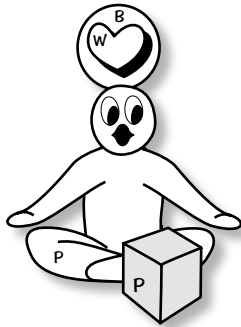


I Release My Need to...

"Resist not evil (error). But whoever strikes you on the right cheek, turn to them your other also." (Matthew 5:39)

So long as we believe in errors, we will engage in '*survival strategies*' intended to deflect the effects that our '*false beliefs*' have created in our lives. These strategies are the way in which we *react* to the fears associated with the errors. As human beings, there are three basic strategies of resistance that we tend to engage in. **1) We Flee** - We seek to run away, hide from or otherwise avoid our problems, and the people associated with them. **2) We Fight** - We attempt to overcome our problems with controlling, manipulative and sometimes even threatening behaviors. **3) We Faint** - We give up and submissively surrender to the misfortunes of life. The good news is that when we have fully released our belief in an error, we no longer have to resort to any of these '*strategies of resistance*.'

7. I Forgive Myself by Forgiving Others



I Forgive You...

"If you have anything against anyone, forgive them, so that your Father can forgive you." (Mark 11:25)

The primary obstruction to the highest expression of the 'divinity within us' are the *regrets* that we hold about our very own lives. These *regrets* and guilty feelings of *remorse* were born out of our own self-judgments, and are often deeply suppressed within the subconscious nature of our flesh. Furthermore, these deeply buried regrets take the form of *resentments* that we project on to others. In other words, all hatred is self-hatred, and we simply use *blame* to avoid our *shame*. Therefore, the best way to forgive ourselves is by forgiving others. It is also important to remember that the same Love that we use to forgive our *resentments* towards others, will flow through us and forgive the *regrets* that we hold about ourselves as well.

8. I Thank God for My Good



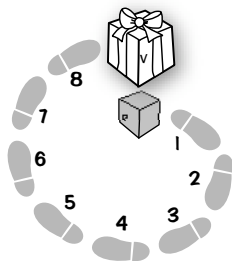
I Am Grateful
God is Gracious

"Father, I thank you that you have heard me." (John 11:41)

The outcome of faith cannot be known until it has *revealed* itself in our physical experience of life. This divine manifestation *might* be what we 'hope will happen.' Usually, it is something even better, something that lies beyond what we might expect, based upon our own past experience. It is important not to be too firmly attached to a *desired* outcome. To do so is to limit the unbounded creativity of the 'divinity within us.' It should also be noted that Jesus would often give thanks to God *before* he performed a miracle. Consequently, finding ways to be grateful to God before the resolution of our problems is a highly effective way to *quicken* the faith building process.

Putting the 'Eightfold Path of Faith' into Practice

The way to put the principles of the 'Eightfold Path of Faith' into action in our lives is to first answer the following eight questions.



Turning Problems into
the Presents of God

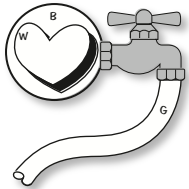
1. What is my problem, and how do I feel about it?
2. What do I hope will happen, instead of my problem?
3. What single Quality of God seems to be expressed by my hope?
4. What is my greatest fear about my problem?
5. What single 'Word of Error,' when I hear it, causes the same sort of fear that I feel about my problem?
6. What single 'Word of Resistance' best describes how I *react* to the fear created by my 'Word of Error'?
7. Who do I need to forgive, so that I might be forgiven?
8. What gesture of gratitude would I make to God if my problem were miraculously resolved, and can I do this now?

Next, we should share our answers with someone we can trust to support us in building our Faith. Finally, we should find a way to put our responses into some form of prayer that we can perform on a regular basis until we have created the faith that resolves our problem.

(To further facilitate this process use the 'Fear to Faith Action Packet' in the NovaTech Library.)

Faith is like an 'emotional hose' through which the living waters of spirit can flow into our experience of life. Furthermore, the activity of Faith within our being is not unlike the way we might use a garden hose that we can find in our own backyard.

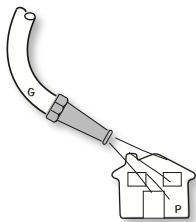
I Place My Faith IN the Word of God



"Faith comes by hearing the Word of God."
-Romans 10:17

Before we can use our Faith to do anything, we must first place our Faith IN something that will serve as a source of power to change the condition of our lives. Whenever we place our Faith in something that can change without our consent, we will always have doubts about our future, and presently live in fear. When we place our Faith in the Word of God, we are placing our Faith IN something that will not change over time, or under any circumstance of life.

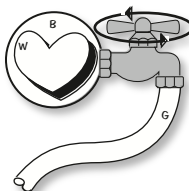
I Place My Faith UPON My Life



"Your Faith has made you whole."
-Mark 5:34

Faith is like a channel of Wisdom through which the Love of God can flow into our lives. Furthermore, it is the means by which we can personally place that Love UPON any specific area of our lives where healing needs to occur. We must always keep in mind that Love does not solve our problems, instead it *dissolves* them back into the nothingness from which they came. This is because Love casts out the hidden fears, which are the underlying cause of adversities in our lives.

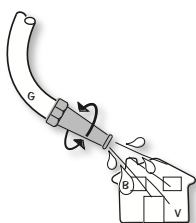
My Gratitude Turns On My Faucet



"Thanks be to God for his unspeakable gift."
- 2 Corinthians 9:15

Once we have connected the 'emotional hose' of our Faith to its source, which is the Word of God, then we must turn on the faucet of Love so that the living waters of spirit can begin to flow through us. The way that we can effectively do this is by expressing Gratitude for the blessings that have been *promised* to us through the Word of God. Even though these blessings may not have yet appeared, giving thanks will cause them to start flowing into our lives. Always keep in mind, that 'whatever we are grateful for will increase.' Therefore, every gesture of Gratitude will open the 'Faucet of Love' a little bit more.

My Forgiveness Opens Up My Nozzle



"When you pray if you have anything against anyone, forgive them."
-Mark 11:25

The way that we diminish the flow of God's Love through our Faith, is by the holding of *resentments* towards other people in our lives. Through acts of Forgiveness we can open up the nozzle on the 'emotional hose' of our Faith, in order to restore the flow of the life giving waters of Spirit into our daily lives. Keep in mind that a *resentment* is merely a regret that we have projected onto others, as a way of avoiding our shame, by blaming our problems on our neighbors. Consequently, when we Forgive others, we are Forgiving ourselves as well, and thereby revealing the Truth of our own being, which is our Wholeness in God.