

# *Effective Faith*

*By: Amanda Winder*

Growing up in a Christian home I was taught to have faith in God because doing so would give me confidence and lead to greater things. Without hesitation or question, I did as I had been told. Each time a situation presented itself and I didn't know what to do, I had faith that God would take care of everything.

After graduating from high school, I stayed home and attended college. With my "God does everything if we have faith" attitude, I expected my life to fall into place. Unfortunately, it seemed the more I spoke of my faith, the more confused and uncertain I became. I believed simply waiting would cause my future to materialize. As I waited, I became frustrated. I didn't understand why things weren't happening. I believed in my mind if I continued to say, "I have faith in God that these things will happen," that they would happen. The problem was no one was pushing me. No one told me I had to put forth effort in order to see things happen. I was living a life of "empty faith."

Empty faith is how most Christians I know are living. They believe, trust and have faith in God and what he has spoken, but they do not do what is necessary for their future to become a reality. When I began losing weight two years ago, I started to understand effective faith.

Suppose I said, "I have faith that I'm losing weight," but didn't exercise or eat healthy, then I would have been operating in empty faith, believing without doing. As I began to cultivate a healthy lifestyle of eating and exercising, I began to lose weight. Losing weight required effective faith, which meant me believing I could and then taking necessary action. Effective faith means believing truth, but doing your part in wisdom to see results.

Every morning I practice effective faith by repeating a list of things that I have taped to my mirror. They say things like, "I am confident. I am learning." I say these things because I know they build faith in my mind for me to be confident when I'm in a situation where I might not want to be. I say I am learning because sometimes I tend to forget that. Repeating each line every morning is like creating a stadium of cheerleaders in my mind that only speak truth. When I doubt myself that section in my mind is prepared to scream truth. I know each line I say is true because I have chosen to know myself and what I am capable of. I would never say, "I am a singer." and expect to become one. Singing is not part of who I am.

Today, I challenge you to begin practicing effective faith. Effective faith means using wisdom to do, as you believe. Each morning, try speaking truths about who you are and what you are looking to become. Begin to will yourself into a life of abundance. I know as you apply effective faith, you will begin to grow in ways you never imagined possible. Your mind will positively pursue life.