

35 WAYS TO INCREASE FAITH

brought to you by connectadventures.org

22. REMEMBER CHRIST BY REMEMBERING HIS INSTRUCTIONS

"The Lord taught us how to increase our faith by seeking 'learning, even by study and also by faith.' We strengthen our faith in Jesus Christ as we strive to keep His commandments and 'always remember him.' Further, our faith increases every time we exercise our faith in Him. That is what learning by faith means." -Russell M. Nelson (October 2020 Conference)

Decide one thing you can do to keep a commandment more fully. As you work on making that adjustment remember you are making a choice to more fully follow and trust in the Savior.

23. ALLOW CHRIST TO MAKE YOU WHOLE

"Jesus said unto her, 'Daughter, be of good comfort: thy faith hath made thee whole; go in peace' (Luke 8:48). Jesus Christ saved the woman. She was healed physically, but when Jesus turned to see her, she declared her faith in Him and He healed her heart. He spoke to her with love, assured her of His approval, and blessed her with His peace." -Kim B. Clark (April 2019 Conference)

Turning to Christ in your weakness and vulnerability allows Him to strengthen, heal, and complete you. This is the process of perfection He has promised. It is not something you are required to do all on your own. That isn't even possible. However, when you work with the Savior, you will be made whole. Complete. Perfect. God-like. Pray even when you don't feel like praying. He is waiting to hear from you and eager to help you. Don't wait until you feel you're at your best to reach out to Him.

24. FIND EXAMPLES OF GOD KEEPING PROMISES

"We can have faith in God because He is perfectly trustworthy." -D. Todd Christofferson (October 2014 Conference)

Look for times in the scriptures when God made promises and how He fulfilled them. Understanding that God always keeps His promises helps us build our faith that we can trust Him too.

25. TAKE CHARGE OF YOUR THOUGHTS

"We should welcome feelings of divine discontent that call us to a higher way, while recognizing and avoiding Satan's counterfeit—paralyzing discouragement. ... One way to tell divine discontent from Satan's counterfeit is that divine discontent will lead us to faithful action. Divine

discontent is not an invitation to stay in our comfort zone, nor will it lead us to despair. I have learned that when I wallow in thoughts of everything I am not, I do not progress and I find it much more difficult to feel and follow the Spirit." -Michelle D. Craig (October 2018 Conference)

Not all uncomfortable feelings are bad. You don't need to try to avoid or control all discomfort. Sometimes those feelings are meant to help you grow. Choose to become more aware of your thoughts and feelings. Notice feelings like despair and discouragement and how they can separate you from God and the peace, hope, and power He brings. Turn to and allow God to help you learn how to manage and use your thoughts and feelings. As you learn, pray for, and patiently practice the skills of awareness, the more you can use your power and choose to create the results you want to have.

26. NOTICE THE FAITH YOU HAVE

"The size of your faith or the degree of your knowledge is not the issue—it is the integrity you demonstrate toward the faith you do have and the truth you already know." -Jeffery R. Holland (April 2013 Conference)

Instead of thinking about how much more faith you need to have, think about how you are already acting on the faith you have. Think about one part of the gospel you believe strongly. Consider how you can act a little more in line with that belief.

27. HELP OTHERS

"So, when our backs are to the wall and, as the hymn says, 'other helpers fail and comforts flee,' among our most indispensable virtues will be this precious gift of hope linked inextricably to our faith in God and our charity to others." -Jeffery R. Holland (April 2020 Conference)

The scriptures teach us about a connection between faith, hope, and charity. Work to develop your hope and faith by practicing charity. Find ways to show Christ-like love to others.

28. BUILD STILLNESS INTO YOUR SCHEDULE

"Commotion in the world will continue to increase. In contrast, the voice of the Lord is not 'a voice of a great tumultuous noise, but ... it [is] a still voice of perfect mildness, [like] a whisper' (see Helaman 5:30). ... In order to hear this still voice, you too must be still! ... Quiet time is sacred time—time that will facilitate personal revelation and instill peace." -Russell M. Nelson (April 2021 Conference)

As you humbly learn about stillness, its importance, and how to build moments of it into your week, you will feel the power of it.