

## 35 WAYS TO INCREASE FAITH

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### 29. DO WHAT YOU ALREADY KNOW .....

*"The spiritual gift of faith, for example, is not just a feeling or a mood; it is a principle of action that frequently appears in the scriptures linked to the verb exercise. Just as reading and learning about muscles is not enough to build muscle, reading and learning about faith without adding action is insufficient to build faith." -Juan Pablo Villar (April 2019 Conference)*

Just like with building muscles or improving any skill, you must use faith to make it stronger. Think about one of Christ's teachings you already know. Think and pray about how to exercise those beliefs by acting on them and putting them to work in your life. You must act in faith if you want to build your faith.

### 30. UNDERSTAND AND NOTICE MIRACLES .....

*"Learn about miracles. Miracles come according to your faith in the Lord. Central to that faith is trusting His will and timetable. ... Only your unbelief will keep God from blessing you with miracles to move the mountains in your life." -Russell M. Nelson (April 2021 Conference)*

Study about miracles. Notice the actions of the people who participated in and witnessed these experiences that might seem unexpected or coincidental. Pray to understand truths connected with miracles and to notice how God is involved in your life.

### 31. CHECK ON YOUR COMMITMENTS .....

*"We struggle when we are caught between competing priorities. Casual obedience and lukewarm commitment weaken faith. Enduring to the end requires total commitment to the Savior and to our covenants." -Kevin W. Pearson (April 2015 Conference)*

Think about what drew you to the gospel and the Church. Think about what you can do to recommitment yourself to the Savior. Repent and make necessary changes. The sacrament is a great time to ponder how committed to and centered on Christ you are. Think about what you can adjust *and* what you are doing well.

### 32. ALLOW YOURSELF TO RECEIVE THE GIFT OF FAITH .....

*"Faith in Jesus Christ is a gift from heaven that comes as we choose to believe and as we seek it and hold on to it. Your faith is either growing stronger or becoming weaker. ... The future of your faith is not by chance, but by choice." -Neil L Andersen (October 2015 Conference)*

Allow yourself to receive the gift of faith by choosing to believe and by choosing to keep that belief. Taking time to express your gratitude for the gift of faith can help remind you of the blessings of such a gift and help you keep making the choice to believe.

### 33. CONNECT TO HEAVEN DURING GOSPEL STUDY .....

*"Without getting the word of God and faith in Jesus Christ deep into our hearts, our testimonies and faith may fail, and we may lose access to the power God wants to give us. Superficial faith is insufficient. Only faith and the word of God that fill our inner soul are sufficient to sustain us." -Kelly R. Johnson (October 2020 Conference)*

Gospel study can connect you to Heaven as you focus on the message not just the words. Pause to ask yourself what matters from what you just read, why God would want you to know that, or how it fits into God's plan of happiness. Creating recognizable spiritual moments each day will give you daily spiritual fuel without needing to rely only on leftover spiritual moments from the past. (Past moments are important. They should be cherished and remembered, but not at the expense of creating new ones.)

### 34. GET A RECHARGE FROM THE STRENGTH OF OTHERS .....

*"Remember, those who truly love us can help us build our faith." -Vern P. Stanfill (October 2015 Conference)*

We're often told to strengthen our testimony so we don't have to rely on the faith of someone else. There is wisdom in that council, but it doesn't mean we can't feel strength and support because of the faith of someone else. Try having a gospel conversation with someone or asking them one of Christ's teachings they love and how they came to believe it is true. These meaningful, faith-filled conversations can strengthen all involved.

### 35. ASK GOD .....

*"Faith takes work. Receiving revelation takes work. But 'every one that asketh receiveth; and he that seeketh findeth; and to him that knocketh it shall be opened' (Matthew 7:8). God knows what will help your faith grow. Ask, and then ask again." -Russell M. Nelson (April 2021 Conference)*

As you consider what to do to increase, strengthen, and use your faith, ask God for His guidance. Then trust not only that He will give you an answer which will help you at this time of your life, but that you will be able to do what He suggests. He believes in you. You can too.