

## 35 WAYS TO INCREASE FAITH

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### 1. ACT ON WHAT YOU KNOW NOW .....

*"Faith in the Savior is a principle of action and of power. First we act in faith; then the power comes—according to God's will and timing. The sequence is crucial. ... Faith in Christ requires ongoing action for the blaze to continue. Small actions fuel our ability to walk along the covenant path and lead to the greatest blessings God can offer. ... Sometimes we need to make a bow and arrow before revelation comes as to where we should search for food. Sometimes we need to make tools before revelations come as to how to build a ship." -Dale G. Renlund (April 2019 Conference)*

Act on the steps or understanding you've been given, trusting that God will show you the next steps at the proper time. Later when you have more faith and a different perspective try not to be too harsh on your past self for not knowing more. Remember we are supposed to learn little by little. Forgive yourself for not knowing what you didn't know before you knew it.

### 2. INVITE GOD INTO YOUR DAILY DECISIONS .....

*"While faith is not a perfect knowledge,' Elder Neal A. Maxwell said, 'it brings a deep trust in God, whose knowledge is perfect!' Even in turbulent times, faith in the Lord Jesus Christ is gritty and resilient. It helps us sift through unimportant distractions. It encourages us to keep moving along the covenant path." Lisa L. Harkness (October 2020 Conference)*

As you plan your day or make other decisions, pray for guidance to make choices that align with eternal priorities. Inviting some of God's wisdom, perspective, and clarity into those moments of planning and decision can help you make sure your time and efforts are focused on what is most important. That certainty can also help you feel better about setting aside and letting go of other things that may seem good, but aren't the right fit at the moment.

### 3. FOLLOW THE PROPHET'S INVITATIONS .....

*"In the commotion and confusion of our modern world, trusting and believing in the words of the First Presidency and Quorum of the Twelve is vital to our spiritual growth and endurance." -Neil L. Andersen (October 2017 Conference)*

Show your trust in God's chosen leaders by reviewing their recent teachings and making an adjustment in your life to more fully follow their invitations.

### 4. SEE ATTRIBUTES OF CHRIST IN YOUR STUDY .....

*"Having 'a correct idea of [Heavenly Father's] character, perfections, and attributes' is essential to exercising faith sufficient to obtain exaltation. A correct understanding of Heavenly Father's character can change how we see ourselves and others and help us to understand God's tremendous love for His children and His great desire to help us become like Him. An incorrect view of His nature can leave us feeling as if we are incapable of ever making it back to His presence." -Brian K. Ashton (October 2018 Conference)*

During your gospel study identify Christ-like attributes in the people and events you read about.

### 5. IDENTIFY PRINCIPLES .....

*"Learning, understanding, and living gospel principles strengthen our faith in the Savior." -David A. Bednar (April 2021 Conference)*

Studying and understanding what principles are and how to find them in your study is the process of understanding the core of Christ's teachings. Stating the message of a scripture in a clear, concise, and complete way can be helpful in separating out the principle. Principles often identify action and consequences following a cause and effect pattern, so they might fit into an "If..., Then..." statement. Being able to recognize these principles clearly makes them more able to be applied in and bring power to your life. These 35 ways to increase faith are also 35 examples of how to pull out principles during gospel study.

### 6. CHOOSE TO TURN TO JESUS CHRIST EVEN WITH DOUBTS .....

*"Choose to believe in Jesus Christ. If you have doubts about God the Father and His Beloved Son or the validity of the Restoration or the veracity of Joseph Smith's divine calling as a prophet, choose to believe and stay faithful. Take your questions to the Lord and to other faithful sources." -Russell M. Nelson (April 2021 Conference)*

Faith in Jesus Christ begins with a choice to believe in Him and will be kept strong by a choice to address doubts by choosing to stay faithful by looking for answers in the words of prophets.

### 7. LOOK FOR THE FAITH-FILLED CHOICES YOU MAKE .....

*"Belief and testimony and faith are not passive principles. They do not just happen to us. Belief is something we choose—we hope for it, we work for it, and we sacrifice for it. We will not accidentally come to believe in the Savior and His gospel any more than we will accidentally pray or pay tithing." -L. Whitney Clayton (April 2015 Conference)*

You see what you look for. So look for and recognize faith-filled choices you have made. Then keep making choices which lead you closer to God's way of thinking and His abilities and power.

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### 8. STUDY GOD'S PLAN OF HAPPINESS .....

*"The fact that you are in mortality now assures us that you sustained the Father and the Savior. It took faith in Jesus Christ to sustain the plan of happiness and Jesus Christ's place in it when you knew so little of the challenges that you would face in mortality." -Henry B. Eyring (April 2019 Conference)*

Before this life you chose to follow God's plan. Perhaps you can feel some of that faith as you study and reflect on His plan now. Ponder why the different parts of His plan are important to you and how they connect to Christ.

### 9. FOCUS ON THE SACRAMENT .....

*"All of the ordinances invite us to increase our faith in Jesus Christ and to make and keep covenants with God. As we keep these sacred covenants, we receive priesthood power and blessings." -Neil L. Andersen (October 2013 Conference)*

The sacrament is one of the ordinances. During the sacrament, really focus on the promises you made to God and those He made to you. You could try thinking of something you're doing well and something you could improve.

### 10. INVITE GOD'S PERSPECTIVE .....

*"The Jaredites did not get into the barges because they knew exactly how things would work on their journey. They got aboard because they had learned to trust in the Lord's power, goodness, and mercy, and they were therefore willing to surrender themselves and any doubts or fears they may have had to the Lord." -L. Todd Budge (October 2019 Conference)*

Acknowledge fears and doubts you have and invite God to help you keep going while you work to understand His perspective.

### 11. PONDER HOW FAITH HARMONIZES WITH OTHER PRINCIPLES .....

*"It is our faith that unlocks the power of God in our lives. ... The Lord does not require perfect faith for us to have access to His perfect power. But He does ask us to believe." -Russell M. Nelson (April 2021 Conference)*

Study and pray to know how faith, effort, agency, and priesthood power work together to help us understand, choose and do our part and allow God to do His part.

### 12. KEEP TRUSTING GOD'S WAY .....

*"Sometimes, the truth may just seem too straightforward, too plain, and too simple for us to fully appreciate its great value. So we set aside what we have experienced and know to be true in pursuit of more mysterious or complicated information." -Dieter F. Uchtdorf (October 2015 Conference)*

Instead of trying to find something different to try, keep trusting that God's methods will work.

### 13. DEVELOP A WILLINGNESS TO ACT ON GOD'S ANSWERS .....

*"Internalize the truth that the Atonement of Jesus Christ applies to you. He took upon Himself your misery, your mistakes, your weakness, and your sins. He paid the compensatory price and provided the power for you to move every mountain you will ever face. You obtain that power with your faith, trust, and willingness to follow Him." -Russell M. Nelson (April 2021 Conference)*

As you pray, remind Heavenly Father and yourself that you are willing to do what He asks you to do. If you're not sure that is true, you could start by saying that you want to be willing to do what He asks. You can ask for His help to increase that desire and belief that you will be capable of doing what He asks. Draw strength from what Christ has already done for you and what He promises He will still do. And remember that after Heavenly Father has given you some guidance, you don't have to do it alone, you can ask for His help along the way. He has promised to strengthen and help you. Look for the help and support He is offering and giving.

### 14. REMEMBER SPIRITUAL EXPERIENCES .....

*"When faced with questions or tempted to doubt, we should remember the spiritual blessings and feelings that have penetrated our hearts and lives in the past and place our faith in Heavenly Father and His Son, Jesus Christ. I am reminded of the counsel given in a familiar hymn: 'Doubt not the Lord nor his goodness [for] we've proved him in days that are past' (see hymn 19). To ignore and discount past spiritual experiences will distance us from God. Our quest for light will be enhanced by our willingness to recognize when it shines in our lives." -Vern P. Stanfill (October 2015 Conference)*

Ponder experiences in your life that have strengthened your testimony of different principles of the gospel. Record them in a way you can find them and feel their power as you remember or share them.

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### 15. PRAY FOR SOMEONE .....

*"If we have faith as small as a mustard seed, the Lord can help us remove the mountains of discouragement and doubt in the tasks ahead of us as we serve with God's children, including family members, Church members, and those who are not yet members of the Church." -M. Russell Ballard (April 2018 Conference)*

Prayer is one of those acts of faith that can help move mountains. You can use your faith by praying specifically about someone or something. Explain your concerns to Heavenly Father. Express your desire to overcome and let go of your doubts so you can really believe He can help. Listen for His thoughts and any suggestions He has of actions for you to take. Then as you do them watch and express gratitude for what He is doing to help.

### 16. USE CHRIST'S ATONING POWER .....

*"I am realizing that how intimately I know the Savior significantly influences my ability to hear Him as well as how I respond." -Michael John U. Teh (April 2021 Conference)*

Study the Atonement of Jesus Christ and put His power to work in your life through daily repentance. Continuing to use the gift the Savior has given you will deepen your relationship with Him.

### 17. CREATE A HOLY PLACE IN YOUR HOME .....

*"You may feel that there is still more you need to do to make your home truly a sanctuary of faith. If so, please do it! ... There are few pursuits more important than this. ... Have you ever wondered why the Lord wants us to make our homes the center of gospel learning and gospel living? It is not just to prepare us for, and help us through, a pandemic. ... As faith and holiness decrease in this fallen world, your need for holy places will increase. I urge you to continue to make your home a truly holy place." -Russell M. Nelson (April 2021 Conference)*

Pray and ponder what adjustments you can make in your home to create a more holy place and then put those thoughts into action. Doing this, to create a place of peace set apart from the world, will develop greater faith and connection with heaven.

### 18. IMMERSE YOURSELF IN THE SCRIPTURES .....

*"The word initiates and increases our faith in Christ and fuels within us a*

*desire to become more like the Savior—that is, to repent and walk the covenant path." -Douglas D. Holmes (April 2020 Conference)*

As you dive into the word of God (scriptures and teachings of the prophets in General Conference) you can see more of what Christ is like and what He can do. Knowing Him helps you trust Him and helps you want what He has. As you study, look for His actions and attributes as well as the results created by people who choose to act like Him and those who don't. Being more aware of these attributes, attitudes, and actions can help you create the results you want to have in your life.

### 19. STRETCH YOUR FAITH .....

*"Act in faith. What would you do if you had more faith? Think about it. Write about it. Then receive more faith by doing something that requires more faith." President Russell M. Nelson (April 2021 Conference)*

Taking time to ponder or write about something helps clarify ideas in your mind so you can more easily act on them. It is like creating them visually in your mind to guide and motivate you as you act to create them physically in your life. Try this as you do things that take more faith than you think you have.

### 20. CONNECT WITH SOMEONE OF FAITH .....

*"In matters of faith and conviction, it helps to direct your inquiry toward those who actually have some!" -Jeffery R. Holland (October 2019 Conference)*

Is there someone you know with strong faith? Think about ways that you can connect with them more. Strengthening your relationships with people of faith can help you build yours and can give you support when you have questions. This can help you find answers that turn you to truth and faith instead away from them.

### 21. NOTICE YOUR FEARS .....

*"We do not need to let our fears displace our faith. We can combat those fears by strengthening our faith." -Russell M. Nelson (April 2011 Conference) quoted by Lisa L. Harkness (October 2020 Conference)*

Noticing and looking into what you are worried or afraid about can help you recognize specific areas where you can turn to the Savior for understanding, correction, comfort, or strength. (Remember to look into yourself with wonder and curiosity instead of judgement.) Relying on the Savior like this shows your belief in His ability to help you persevere through, learn from, and maybe overcome your fears and weaknesses.

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### 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.

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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.