

How To Increase Your Faith

Christ said, "Without faith it is impossible to please Him." Who among us would not like more faith? Here are seven steps showing plainly and simply how to increase your faith. The rest is up to you.

Faith is an intractable subject. Perhaps more books have been written on the subject of faith than on any other; yet, to most people, faith seems to be a fluctuating, intangible, almost cosmic matter—not a static reality. At times we seem to have more faith than at others. We become frightened and uncertain when we feel our faith waning. Why is that? Why do we seem to have more faith one time and less at other times? We hope to be able to supply you with the answer in this article and to show you how to increase your faith.

We are told quite plainly in Hebrews 11:6, "But without faith it is impossible to please Him." Notice, it does not say it is *difficult* to please Him—it says it is *impossible* to please Him without faith. What is this faith, and how do we acquire more of it?

Christ asked a very thought-provoking question in Luke 12:8. He asked, "When the Son of man cometh, shall He find faith upon the earth?" Why would Christ ask such a question? True, living faith were not to be a rare commodity when He returns!

At one point the apostles said unto the Lord, "Increase our faith" (Luke 17:5).

How many readers of this article would like to have their faith increased?

THAT WE ARE GOING TO SHOW YOU HOW TO INCREASE YOUR FAITH.

If you pay attention and do as you are herein instructed, you will have more faith tomorrow than you had yesterday, more faith next week than you had last week, and more faith next year than you had last year. Guaranteed!

First, let's define our terms. The word "faith" is translated from the Greek word *pieste* (so translated forty-eight times) and is variously defined as belief, conviction, certainty, trust, assurance, reliance, hope, and dependence upon.

Hebrews 11:1 says, "Faith is the substance [it is real and tangible] of things hoped for, the evidence [substantiation, proof] of things not seen." What is

faith, but to believe and act upon what you do not yet see?

Many say, "Only *actions*, and these shall be noted." True, we must believe, but there is a distinction between belief and faith. Though used interchangeably at times, they are not the same.

Belief and faith are not the same

As an illustration that belief and faith are not the same, mentally picture a man staggering through the doorway of your local church, his coat full and great, his skin in a blue-gray pallor, his eyes sunken deep into their sockets, his extremely weak and emaciated. The man trembles as he attempts to sit in a chair, then passes out onto the floor in front. Several people in the congregation rush over and try to revive him. "Are you okay?" they ask. "What's wrong, mister?" others ask. Hazed, the man murmurs, "This, I don't know. I'm so weak, I guess I fainted out." Someone asks, "Is there a doctor in the house?" And sure enough, there is. Upon careful examination, the doctor diagnoses, "Why, this man is in the final stages of malnutrition! If we don't get some food in him soon, he'll die!" A couple of well-meaning people rush out the door and soon return wheeling a four-wheeled cart loaded high with hamburgers, fish, milkshakes, and miscellaneous goodies. The malnourished man, however, refuses to eat. "You can eat, my good man," one of the people surrounding him says. "If you don't eat, you'll die!" Still the man refuses to eat. "Don't you believe eating this food will save your life?" he is asked. "Oh, yes," he replies, "I believe if I eat this food, I won't starve." Still, he refuses to eat, but keeps repeating the phrase, "I believe if I eat this food, I won't starve." A short time later, still repeating the phrase, he falls down close to his death.

Question: Now, why did this man die? Did he die because of a false belief? No, he believed, veraciously, that if he ate, he would not have to die. He declared it repeatedly. He might die in an uncer-

How To Increase Your Faith

Christ said, “Without faith it is impossible to please Him.” Who among us would not like more faith? Here are seven steps showing plainly and simply how to increase your faith. The rest is up to you.

Faith is an inexhaustible subject. Perhaps more books have been written on the subject of faith than on any other; yet, to most people, faith seems to be a fluctuating, intangible, almost esoteric matter—not a static reality. At times we seem to have *more* faith than at others. We become frightened and uncertain when we feel our faith waning. Why is this? Why do we seem to have more faith one time and less at other times? We hope to be able to supply you with the answer in this article and to show you how to increase your faith.

We are told quite plainly in Hebrews 11:6, “But without faith it is impossible to please

Him.” Notice, it does not say it is *difficult* to please Him—it says it is IMPOSSIBLE to please Him without faith. What *is* this faith, and how do we acquire more of it?

Christ asked a very thought-provoking question in Luke 18:8. He asked, “When the Son of man cometh, shall He find *faith* upon the earth?” Why would Christ ask such a question if true, living faith were not to be a rare commodity when He returns?

At one point the apostles said unto the Lord, “*Increase our faith*” (Luke 17:5).

How many readers of this article would like to have their faith increased?

TODAY WE ARE GOING TO SHOW YOU HOW TO INCREASE YOUR FAITH.

IF you pay attention and DO as you are herein instructed, you will have more faith tomorrow than you had yesterday, more faith next week than you had last week, and more faith next year than you had last year.

Guaranteed!

First, let’s define our terms. The word “faith” is translated from the Greek word

pistis two hundred forty-eight times and is variably defined as belief, conviction, certainty, trust, sureness, reliance, hope, and dependence upon.

Hebrews 11:1 says, "Faith is the SUBSTANCE [it is real and tangible] of things hoped for, the EVIDENCE [substantiation, proof] of things not seen." What is faith, but to believe and act upon what you do not (yet) see?

Many say, "Only BELIEVE, and thou shalt be saved." True, we *must* believe, but there is a distinction between belief and faith. Though used interchangeably at times, they are *not* the same.

Belief and faith are not the same!

As an *illustration* that belief and faith are not the same, mentally picture a man staggering through the doorway of your local church; he is tall and gaunt; his skin is a blue-gray pallor; his eyes are sunken deeply into their sockets; he is extremely weak and emaciated. The man stumbles as he attempts to sit in a chair, then passes out onto the floor instead. Several people in the congregation

rush over and try to revive him. “Are you okay?” they ask. “What’s wrong, mister?” others echo. Dazed, the man murmurs, “Ooh, I don’t know. I’m so weak. I guess I blacked out.” Someone asks, “Is there a doctor in the house?” And sure enough, there is. Upon cursory examination, the doctor diagnoses, “Why, this man is in the final stages of malnutrition! If we don’t get some food in him soon, he’ll die!” A couple of wellmeaning people rush out the door and soon return wheeling a four-wheeled cart stacked high with hamburgers, fries, milkshakes, and miscellaneous goodies. The malnourished man, however, refuses to eat. “You *must* eat, my good man,” one of the people surrounding him says. “If you don’t eat, you’ll die!” Still the man refuses to eat. “Don’t you believe eating this food will save your life?” he is asked. “Oh, yes,” he replies, “I *believe* if I eat this food, I won’t starve.” Still, he refuses to eat, but keeps repeating the phrase, “I *believe* if I eat this food, I won’t starve.” A short time later, still

repeating the phrase, he falls down stone cold dead.

Question: Now, *why* did that man die? Did he die because of a false belief? No, he believed, correctly, that if he ate, he would not starve to death. He declared it repeatedly. He might die in an automobile crash, of falling off a mountain, or of a snake bite; but all things being equal, it is a given that if he eats, he will not starve to death! The man died because he did not eat the food. He died because he did not *ACT* upon what he *believed*.

Living faith is acting on what you believe!

Broadly speaking, there are two kinds of faith: living faith and dead faith. James, the Lord's brother, said it plainly, "Yea, a man may say, 'Thou hast faith, and I have works: shew me thy faith without thy works, and I will shew thee my faith by my works. Thou *believest* that there is one God; thou doest well: the devils *also* believe, and tremble. But wilt thou know, O vain man, that faith without works [deeds, actions] is *dead*'"

(James 2:18–20)?

Knowledge and mere assent to biblical truths without *actions* is not enough! Faith must be backed up by positive action.

Simply put, *faith is BELIEVING what God SAYS is true*—and ACTING upon it! *Living faith is spiritual life IN ACTION!*

How do we convert our *beliefs* into *living faith*? Here are seven easy steps.

I. IF you want more faith, *THINK FAITH!*

We are told in Philippians 2:5, “Let this *mind* be in you which was also in Christ Jesus.” Further, we are to “be renewed in the spirit of your *mind*” (Ephesians 4:23). “And be not conformed to this world; but be ye transformed by the renewing of your *mind*” (Romans 12:2).

Undue negative thinking must be discarded. It is displeasing to man and God.

“Whatsoever is not of faith is *sin*” (Romans 14:23). The Israelites complained constantly.

“Oh, Lord,” they complained, “we had it made in Egypt! We had food and shelter and security. Oh, we wish we were back in

Egypt!” *Negativity* is faith turned inside out; it is holding in the mind a mental image or picture of things or circumstances you *fear* or do *not* want to happen. We worry about our health, our job, our family, and loved ones; about school, the economy, or world conditions. When we play these negative tapes though our minds over and over, they become our dominant thoughts, often causing us to become “down” and despondent. The effect is that our faith is weakened.

We can break this vicious negative cycle by filling our minds with positive thoughts of praise and good will towards others.

Philippians 4:8 is God’s “*Positive Thinking Course*.” Yes, God even tells us how to *think!* Under inspiration, the apostle Paul wrote, “Finally, brethren, whatsoever things are true, whatsoever things are honest, whatsoever things are just, whatsoever things are pure, whatsoever things are lovely, whatsoever things are of good report; if there be any virtue, and if there be any praise, *think on these things!*”

The most important thing about faith is not its *subjective* strength, but its *object*. One may have an unshakable confidence, belief, or faith in a man, Buddha, Allah, or even a brick—but that faith will do him no good. Focus your faith on Jesus—the Truth. “I am the way, the truth, and the life,” He said (John 14:6).

Proverbs 23:7 reminds us, “For as a man *thinketh* in his heart, so *is* he.” We are the summation of our dominant thoughts. When a task, challenge, or trial is before you, if you *think* you can or can’t—either way—you’re probably right. Feed your doubts and your doubts will grow; feed your *faith* and your faith will grow. Faith is more than believing in God (even the demons believe); it is believing in God and *acting* upon that belief in trusting expectation. So, if you want more faith, *think* faith!

II. IF you want more faith, SEE FAITH!

“*Looking* to Jesus the Author and Finisher of our faith” (Hebrews 12:2). That is to whom we should look.

Too many folks have their eyes set solely upon *temporal* things in life and the problems associated with them: cars, houses, money, people, and situations. *Think!* We should be so *excited* about God's truth that we can literally feel it and see it in our mind's eye and hardly contain ourselves! Every morning, we should feel as though we just won the state lottery! "But as it is written, Eye hath not seen, nor ear heard, neither have entered into the heart of man, the things which God hath prepared for them that love Him" (1 Corinthians 2:9). "For now we see through a glass darkly," we are told in 1 Corinthians 13:12, but we are not to stop looking!

Christians must have their eyes upon Christ and be concerned with giving *Him* first place in their lives. "Seek ye *first* the Kingdom of God and His righteousness," we are told in Matthew 6:33, "and all these things shall be added unto you." Righteousness is defined in Psalm 119:172: "for all Thy commandments are righteousness."

Men say, “Seeing is believing.” *God* says, “Believing is seeing.” Our fathers were LOOKING for a *city* (Hebrews 11:10). They could see it in their mind’s eye. Can *we*? Can you *visualize*, for example, the New Jerusalem described in Revelation 21 descending out of heaven from God? Can you actually *visualize* the precious stones, walls, gates, and foundations detailed there? God has given us these living “wordpictures” to help increase our faith. *Use* these tools to help increase your faith! If you want more faith, see faith.

III. IF you want more faith, HEAR FAITH!

In John 5:24, Jesus says, “He that *heareth* My Word . . . and *believeth* . . . hath everlasting life.” Hear *what*? He that hears God’s Word, the Bible!

Faith cannot grow in a negative environment. Faith and fear cannot live together (Amos 3:3). Fear falls before the fortress of faith. We listen to many voices: most herald *bad* news. We hear of worrisome reports from newscasters, dire predictions of

scientists, criticisms and doubts of gainsayers concerning our faith. We need to be more selective of what we hear. In Mark 4:23, Jesus cautions, “If any man have ears to hear, let him *hear*.” “And He said unto them, ‘Take heed what ye *hear*’” (verse 24). We are told in 2 John 10, “If there come any unto you and bring not *this doctrine*, receive him not into your house [into your mind], neither bid him God speed.” In other words, we are not to even *listen* to false doctrine! Many a good Christian soldier has fallen because he lent a sympathetic ear to false teachers and gainsayers. Others have become disillusioned because of listening to rumors, gossip, halftruths, and no-truths. Take heed what you hear.

Conversely, our faith is *increased* as we listen to the good, the pure, and the positive. Again, please read Philippians 4:8. We gather together on God’s Sabbath to hear the *good news* expounded. “Not forsaking the assembling of ourselves together, as the

manner of some is, but *exhorting* [encouraging, uplifting, advising] one another: and so much the more, as ye see the day approaching” (Hebrews 10:25). We feel uplifted and inspired when we hear others relate their stories of how they came into the truth, tell how God has changed their lives, and describe some of their God-led experiences. We feel *excited* and encouraged when we hear of miracles or healings. *Why?* Because it builds and strengthens our faith! God’s people need to *communicate* in a Godly manner.

Listen to the voice of God. He speaks through *His Word*, through *nature*, and even through Christian *conscience* when we are quiet and receptive. “Be still, and know that I am God, He says in Psalm 46:10.

Meditation—taking time out to think upon the things of God—is becoming a lost art today, a commodity we need to recapture. If you want more faith, hear faith.

IV. IF you want more faith, TALK FAITH!

Psalm 105:2 admonishes, “Sing unto Him,

sing psalms unto Him: *talk* ye of all His wondrous works.” In Deuteronomy 6:7, God commands us to speak of His laws: “And thou shalt *teach* them diligently unto thy children, and shalt *talk* of them when thou sittest in thy house, and when thou walkest by the way, and when thou liest down, and when thou riseth up.” If we followed even this simple command, there would be little time for doubt, worry, or gossip!

“Death and life are in the power of the tongue,” we are told in Proverbs 18:21. “But I say unto you,” Jesus reminded, “That *every idle word* that men shall speak, they shall give account of in the day of judgment. For by thy *words* thou shalt be justified, and by thy words thou shalt be condemned” (Matthew 12:36–37).

Many talk about everything *else*, even at Sabbath services: the weather, economy, wars, scandals, and so forth. It is a given that we tend to gravitate toward what preoccupies our minds. “Be not deceived: evil communications corrupt good manners” (1

Corinthians 1:33).

Faith is developed by the exhortation and encouragement of others. “Iron sharpeneth iron; so a man sharpeneth the countenance of his friend” (Proverbs 27:17). Words mean things. Use them wisely. There are many, many Proverbs concerning the wise use of the tongue.

Our faith is also strengthened through earnest prayer, which is *talking* to God. In the matter of faith, what you *say* is what you *get*. Even righteous Job lamented, “For the thing which I greatly feared is come upon me, and that which I was afraid of is come unto me” (Job 3:25). However, Christ encourages us, “If a son shall ask bread of any of you that is a father, will he give him a stone? or if he ask a fish, will he give him a serpent?” (Luke 11:11). In prayer, your words are your instruments! Like a pilot, you must trust your instruments! We must *trust* God’s Word!

Christians should talk about *the things of God*—His salvation, love, peace, miracles,

blessings, His Word. Do this and you'll be amazed at how your faith will *g-r-o-w!* If you want more faith, talk faith.

V. IF you want more faith, *WALK (live) BY FAITH!*

“For we *walk* by faith, not by sight” (2 Corinthians 5:7). To “walk” in faith means to follow or to *live* in. We see, by comparing Galatians 5:22 and Ephesians 2:8, that faith is *both* a fruit of the Spirit and a gift of the Spirit. We are to follow, or walk, after God’s Spirit in faith. “He that *sayeth* he abideth in Him ought himself also to *walk*, even as He walked” (1 John 2:6). “For even hereunto were ye called: because Christ also suffered for us, leaving us an example, that ye should *follow His steps*” (1 Peter 2:21). Christ says in John 13:15, “For I have given you an example, that ye should *do* as I have done to you.” We are to follow Christ in all things. Paul tells us in 2 Timothy 2:22, “Flee also youthful lusts: but follow [walk in] righteousness, *faith*, charity, peace, with them that call on the Lord out of a pure

heart.”

Faith is developed by completely obeying God. Contrary to what some would have you believe, God does *not* get angry if you obey Him! Obedience is expected by any father. Know this: God *cannot* and *will* not bless you beyond your last point of obedience! He will not condone or bless you for sin, which is the transgression of His divine law (1 John 3:4).

“The just shall *live* by his faith” (Romans 4:3; Habakkuk 2:4). Sometimes we need more faith *IN* faith! If we are going to talk the talk, we must be prepared to walk the walk. As some sage once said, “If you want to walk on the water, get out of the boat!”

Noah, Abraham, Enoch, Elijah, David, Daniel and his friends, Paul, Christ, all, *walked by faith*—and so must *we*! We don’t really trust God until we trust Him for the “IMPOSSIBLE.” That’s where God shines! So, if you want more faith, walk in faith.

VI. IF you want more faith, DO GOOD WORKS!

Turn back to James 2:18–19. Here, we read, “Yea, a man may say, ‘Thou hast faith, and I have works’: shew me thy faith without thy works, and I will shew thee my faith *by* my works. Thou believest that there is one God; thou doest well: the devils also believe, and tremble. But wilt thou know, O vain man, that faith without works is *dead*?”

Faith is developed by *agape* love—that is, an outgoing care and concern for others equal to our self concerns. Do things! Help people! Break cycles! Active, living faith is eager and *enthusiastic* to do, to help, to care! Ask God for more faith (James 1:6). Then *act* upon that faith which you have. Faith without works is like a car without gas. It doesn’t go very far.

Faith is further developed by our Christian service (works). Faith with works is a force; faith without works is a farce. Like a baby, your faith will *g-r-o-w* as you feed and exercise it. Work your faith, and it will work for you. By analogy, the Christian life is like an airplane—when you stop, you drop. God

has little use for little old tired, worn-out, stay-at-home, do-nothing Christians. This life is, in effect, a spiritual boot camp, or training ground. Too many, even in God's church, have excess "baggage" of real or imagined hurts and wrongs from past experiences. The apostle Paul encourages, "*forgetting* those things which are behind, and reaching forth unto those things which are *before*, I press toward the mark for the prize of the high calling of God in Christ Jesus" (Philippians 3:13–14). The past is past; forget it. The future is only a hope and a dream. We can only change our lives now, beginning *today*. A person's faith is not judged by what he says or thinks about it, but what he *does* about it. Living faith: use it—or lose it. Realize, too, that faith is a DECISION, a CHOICE, and a MIND-SET! If you set your mind in unwavering faith as to how you will react in a given situation or trial, the Christian walk becomes so much easier. If you *predetermine* that you will obey God, no matter what, He *knows* your mind-set and

you may not have to go through the trying circumstances. If you must go through it, you are much better equipped. But be assured, if you are waffling, undecided, and “on the fence” chances are you *will* have to go through the trial or temptation to prove to God—and to yourself—as to where you stand! We are reminded in James 1:8 that “A double minded man is unstable in all his ways.”

Beware the spirit of compromise!

Compromise is always wrong when it means sacrificing a principle. The collapse of character often begins on Compromise Corner. When a man *wants* to believe something—right or wrong—it doesn’t take much to convince him. In the end, compromise is a step-ladder to sin, and before you know it, you will be wobbling on the top rung heading for a fall. “Wherefore let him that thinketh he standeth take heed lest he fall” (1 Corinthians 10:12). If you want more faith, act upon what you believe; do good works.

VII. IF you want more faith, get GOD'S *WORD* inside you!

“Faith cometh by hearing, and hearing by the *Word* of God” (Romans 10:17).

Realize God's Word is quite literally the *key* to your faith! The Word is a LIVING thing—it is Jesus Christ *in print! It's as real as if He were here in person!* If Jesus Christ were sitting in your living room, He would say and do the same things He relates in the Bible. Know this: God's Word won't do any good while it's *only on the pages* of your Bible—it must rise up *off* the pages and enter your spirit! Many pious people would rather study or expound the Bible than practice what it teaches. They would rather “correct” the Bible than let the Bible correct them. Is Christ *in* you? Is His Word *alive* in you? Too often, we don't truly appreciate His Word. (Send for our free booklet, *How To Study Your Bible*.) We must know the REALITY of His Word. The Bible must become the ultimate authority in our lives. We must come to realize to the marrow of our bones

that it is the inspired recording of what the Creator God SAYS! We must become less and less the way we are and more and more like Jesus Christ. By analogy, rooting sin out of our carnal nature is like getting the air out of a milk bottle: you must fill it with milk! We get sin out of our nature by being filled with and following God's Spirit.

The secret: you have to *love* His Word! Like a successful marriage, this must be an *uncompromising, lifelong* love! Here are a few scriptures to meditate upon concerning God's Word.

Psalm 119:98: "O how *love* I thy law! *It* is my meditation all the day!"

John 17:17: "Sanctify them through Thy truth: Thy Word is truth."

Jeremiah 15:16: "Thy Words were found, and I did *eat* them; and Thy Word was unto me the joy and rejoicing of mine heart!"

1 John 5:3: "For *this is* the love of God, that we keep His commandments: and His commandments are *not* grievous!"

1 Peter. 2:2: "As newborn babes, desire the

sincere milk of the Word, that ye may *grow* thereby.”

If you want more faith, get God’s Word inside you.

This article has shown you, very simply, how to increase your faith; accept what God says is TRUE—and then *ACT* upon that truth! Now you know. The rest is up to you. All these points “overlap” somewhat. What they are saying is that we must follow and obey Christ **TOTALLY** in everything we say, think, and do.

In summary, we must **THINK** faith! **SEE** faith! **HEAR** faith! **TALK** faith! **WALK** in faith! **DO** good works! And **GET** God’s Word inside you!

Do these things and your faith *will* increase—and you will be blessed beyond measure.

If you will discipline yourself to **DO** these things—if you will step out and *ACT* upon what you *believe*, and follow through—you will have more faith *tomorrow* than you had yesterday; you will have more *next week* than

last week; and you will have more *next year*
than last year.
Guaranteed!

All rights reserved. Printed U.S.A. Copyright © 2022 The Church of God International. Author:
Lloyd W. Cary

(Reprinted from an article originally published in a 2003 edition of *The International News*.)

The Church of God International, 3900 Timms St., Tyler, TX 75701 • (903) 939-2929 •

www.cgi.org • info@cgi.org

This material is a free educational service in the public interest. Published by The Church of
God International.