

## *Ideas to Build Your Faith During Challenging Times*

When you are going through challenging times, it can be very difficult to believe that your good will manifest. You need to counter every thought of fear, doubt, or failure with ideas of spiritual truth. You need to train your mind to have faith.

Practice reading these statements and repeating them whenever fear or doubt pops up. (If the word God doesn't resonate with you, you can change it to Spirit, Universe, Divine or any other word that works for you.) These are incredibly powerful ideas that I always use whenever I am filled with overwhelming fear about my future.

I am grateful to say that EVERY TIME I have worked with them, things turned out well. If they work for me, they can work for you too!

These are excerpts from *God Will See You Through* by Mary L. Kupferle.

"No matter what the circumstance, how difficult or how impossible you feel it may be, God will see you through."

"God will see you through all challenges, through any test or trial to victory. God will see you through."

"God is in control. Nothing but the best can result, for God's law of good is always working for the highest good of all."

"If you are feeling doubtful, unhappy, or concerned about something, take heart. Hold firmly to the thought: *Everything is working for good.*"

"If you become discouraged, thinking that healing will never come, if you see little sign of progress, quietly realize that God's continuous healing power is at work beyond your ability to judge. Do not reason or compare or try to figure it all out. Instead, deliberately trust that in every moment and in every detail, God is there, guiding, helping, seeing you through to total healing."

"*God will turn it to good.* You need not know how or when or by what means. Trustingly, as a child, believe it."

This is taken from *Prosperity* by Charles Fillmore.

"Deny every appearance of failure. Stand by your guns ... in the very face of question and doubt, then give thanks for plenty in all your affairs, knowing for a certainty that your good is now being fulfilled in Spirit, in mind, and in manifestation."