



The
Faith
Process

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INTRODUCTION

Faith is sometimes a difficult subject. It revolves around accepting as fact things that we cannot see. Most of the principles of faith are similar to earthly principles with one major difference. Faith in earthly things is more easily comprehended because most earthly things are tangible... they are real to us because they can be seen and felt. If we can train ourselves to have the same faith in God, and in God's Word, that we have when it comes to natural things we can see, the possibilities are literally endless.

"Without faith it is impossible to please God" (Hebrews 11:6). But through God, *"all things are possible"*. That is a fact. However, because we don't already possess all that we want and need, most people still don't believe that our Heavenly Father wants us to have abundance. This is one of the biggest misconceptions present in Christian living today. We don't already have what we need and/or want because we do not have the faith necessary to bring it to pass. The faith process is one which delivers, *IF* it is followed according to the Word of God. The faith process brings to pass, with our faith through God's power, everything we could ever want or need. It brings abundance, according to God's Word. Psalm 35:27 tells us that the Lord has pleasure in the prosperity of His servants. John 10:10 confirms that statement. Jesus said, "I am come that they might have life and that they might have it more abundantly."

God does not play favorites. If He gave David riches and glory, and He will give them to you. He protected Moses, and protection is yours, also. He healed a nobleman's son, and He will heal you and your family. So many people think that the miracles of the Bible were things that only happened in "olden times". Well, think again. God *wants* to bless you so very much, but He can't do it unless you follow His faith process. *Faith is the substance of things hoped for and without substance nothing can be made, in the natural realm or in the spiritual realm.* Faith is our building block. It is like a piece of clay that God can, and will, mold into whatever we need. Allow God to bless you. I encourage you to start building your spiritual faith today. Be consistent with it and don't give up until what you've prayed for comes to pass!

CHAPTER ONE

The Faith Muscle

What is faith? Where does faith come from? Why do we need faith? All these are questions I've heard over and over again. We will explore these, and other questions, and find out what the faith process is all about. Let's start with the biblical definition of faith.

"Faith is the substance of things hoped for and the evidence of things not seen" (Hebrews 11:1, KJV). It comes from inside you and grows stronger each time it is used. You already have faith in worldly things. You were *born* with faith and since your childhood, you have increased your faith in a worldly manner. When you push the "power" button on your television remote, you have *faith* that the TV will operate. You can't *see* the power, but you *know* it will work. When you swallow an aspirin, you have *faith* that your pain will decrease. You can't *see* the relief, but you *know* it is coming. You don't even doubt that these things work - you just *know* they do. How do you know? Because you've done them before and they worked, so they will work again. *"But let him ask in faith without any doubting, for the one who doubts is like the surf of the sea driven and tossed by the wind. For let not that man expect he will receive anything from the Lord being double-minded, unstable in all his ways."* (James 1:7-8). That's the kind of faith we need to develop in relation to God's promises. So much faith that we don't even consider that His promises won't come. But faith *does* have to be developed.

Think of faith as a muscle. I think everyone, at one point or another, has exercised. Whether you were lifting weights in order to build or taking aerobics classes to tone; the rules for physical exercise are the same... start slow and exercise consistently. Faith is your spiritual muscle and the same rules apply.

When you begin to walk by faith, start slow. Don't expect to read this book and immediately be able to move mountains. Most humans require a lot of practice. Just as someone who is a beginner at lifting weights won't be able to work out for only one day and lift 1,000 pounds. Your muscles can only lift as much weight as they have been conditioned to lift, and *your faith can only produce as much as you believe it will produce.* The muscles have to be prepared and exercised before they can perform the big tasks.

But don't be discouraged. With consistency your spiritual faith will grow by leaps and bounds.

You will make progress each time you use your faith. Start with something simple, like a parking space. Ask and then believe, I mean really make up your mind before you leave the house, that God will provide for you a parking space, close to a door, at the mall. The first time you see that space on the front row open up you'll be very excited! And you will be more ready to believe the next time you ask that you will receive. Thank God for your parking space and praise Him for your growth in faith. I know it sounds silly, but you have to start somewhere. Besides, God knows you are practicing having faith in Him, and He will appreciate your efforts.

That's how faith starts. Use your faith, work it daily. Practice believing God for everything, (starting small) and each time you see the manifestation of your faith, it will build until you will be able to believe God for your every need. Let's look at an example.

We've all probably seen an Olympic athlete on television. (I'll use the sport of ice skating to demonstrate.) Although I've never personally spoken with her, I'd bet Christy Yamaguchi did not put on her first pair of skates, slide out onto the ice and perform a triple lutz. (I guess for those who are not familiar with ice skating I should explain that a triple lutz is a maneuver that requires leaping into the air, spinning around three times and landing on your feet!) It took many years of practice, and a lot of falling down, before she could lay claim to that jump. I'm sure Christy started with smaller jumps and spins and worked her way up to having the *substance* (the skills) to try the triple lutz. (Remember, the first part of faith is "*the substance of things hoped for*".) Each time Christy tried the lutz, whether she fell or not, she got a little closer to having the "*evidence of things not seen*", which is the second part of faith. She had not seen herself do this move but she knew, with practice and consistency, she would. Christy was "*faithful*" to her skating.

In Paul's second letter to Timothy he discusses how to be a faithful servant. *II Timothy 2:5* reads, "*If anyone competes as an athlete, he does not win the prize unless he competes according to the rules.*" Christy did just that. She followed the rules of ice skating and went on to become a world class athlete. In case you don't know the end result, Christy Yamaguchi won a gold metal in 1992 for figure skating.