

My brothers and sisters, whenever you face trials of any kind, consider it nothing but joy, because you know that the testing of your faith produces endurance; and let endurance have its full effect, so that you may be mature and complete, lacking in nothing. If any of you is lacking in wisdom, ask God, who gives to all generously and ungrudgingly, and it will be given you.

But ask in faith, never doubting, for the one who doubts is like a wave of the sea, driven and tossed by the wind; for the doubter, being double-minded and unstable in every way, must not expect to receive anything from the Lord. Let the believer who is lowly boast in being raised up.⁶⁵

1. Desire **I ask the Spirit for Increasing Faith**

I find and hold an object that symbolises the gift of increasing faith for me.

I consider, 'Where is faith increasing in my life?'

'Where is faith decreasing in my life?'

'What diminishes faith in me?'

I ask the Spirit for an increasing, confident faith.

2. Choice **Today I choose the Way of Greater Faith**

I choose the faithful way, led by greater faith and the good spirit toward God's love.

I reject the disbelieving way, lack of confidence and doubt, amplified by a bad spirit.

I walk towards the gift and the Giver, from belief, to greater faith, to peace in God.

3. Faithful **I live in the Faithful Trinity**

Now I imagine I am surrounded in a circle by the Faithful Trinity. Each person addresses me by name, saying, 'All things can be done for the one who believes.'

I rest, for a bit, in the ungrudging generosity of the Trinity. I feel faith deepen in me.

I conclude giving thanks for the Spirit of Increasing Faith.

PRAYER TIME: 10 minutes.

⁶⁵ James 1:2-9