



Welcome to Unity's Interactive Worship Service

**Today's Topic: Where There Is
Doubt, Faith**

Power Point notes available at:
www.unityofbakersfield.org

Where There Is Doubt, Faith



*Lord, make me an instrument of Your
peace!*

Where there is hatred let me sow love;

Where there is injury, pardon;

Where there is doubt, faith;

Where there is despair, hope;

Where there is darkness, light;

Where there is sadness, joy.

Where There Is Doubt, Faith

Where there is doubt, faith. Who of us has not at one time or another in our lives encountered doubt. In fact, many noted individuals over the centuries have written about doubt and faith.

Doubt is natural within faith. It comes because of our human weakness and frailty. Unbelief is the decision to live your life as if there is no God. But doubt is something quite different. Doubt arises within the context the faith. It is a wistful longing to be sure of the things in which we trust. But it is not and need not be a problem. Alister McGrath

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Faith is the function of the human life that dispels the dark clouds of doubt, anxiety and regret as it opens one's heart and orients it toward good. Senora Roy

You are as young as your faith, as old as your doubt; as young as your self-confidence, as old as your fear; as young as your hope, as old as your despair. Unknown

Where There Is Doubt, Faith

The only limit to our realization of tomorrow will be our doubts of today. Let us move forward with strong and active faith.

Franklin D. Roosevelt (1882 - 1945)

I show you doubt, to prove that faith exists.

Robert Browning (1812 - 1889)

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Faith means belief in something concerning which doubt is still theoretically possible; and as the test of belief is willingness to act, one may say that faith is the readiness to act in a cause the prosperous issue of which is not certified to us in advance. William James, 19th century philosopher

Doubt is a feeling too lonely to know that faith is its twin. Khalil Gibran, *The Prophet*

Where There Is Doubt, Faith

It has been said that faith need not be irrelevant, nor need it be merely a defense against life's misfortunes. Rather, faith in God is the source of strength which enables people who are immersed in adversity to overcome it. Paradoxically, the nature of true faith is to afflict the comfortable and to comfort the afflicted.

Faith and doubt are needed – not as antagonists, but working side by side to take us around the unknown curve. Lillian Smith

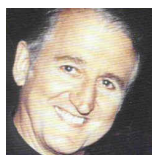
Where There Is Doubt, Faith



Many people confuse faith with religion, yet they are not the same. I like what author and Jesuit priest, John Powell had to say about this in his book, *A Reason to Live! A Reason to Die!*

Faith and religion, of course, are not one and the same. The distinction between the two is similar to the distinction between what is sometimes referred to as the soul and body of an experience.

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The soul is the invisible part, rooted in the mind, will, and feelings. The body of the experience is the outward expression of its soul. It is the putting into action of an idea, conviction, hope or desire. Faith, then, is like the soul of an experience. It is an inner acknowledgment of the relationship between God and man. Religion, on the other hand, is like the body. It is an outer expression of that inner acknowledgment.

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When we embrace doubt's twin, faith, we find that these insights ring true for us:

As someone once said: And so faith is closing your eyes and following the breath of your soul down to the bottom of life, where existence and nonexistence have merged into irrelevance. All that matters is the little part you play in the vast drama.

Seeds of faith are always within us; sometimes it takes a crisis to nourish and encourage their growth.
Susan Taylor

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Every tomorrow has two handles. We can take hold of it by the handle of anxiety, or by the handle of faith. Author Unknown

And as someone once said, If you talk about doubt and negativity, you will have doubt and negativity; but talk faith, and you will have faith. By the seeds you sow will come the harvest.

Fear can keep us up all night long, but faith makes one fine pillow. Philip Gulley, author.

Where There Is Doubt, Faith

Alfred A. Montapert, a philosopher and author once asked this question: *Why are we Masters of our Fate, the captains of our souls?*

To which he answered: *Because we have the power to control our thoughts, our attitudes. That is why many people live in the withering negative world. That is why many people live in the Positive Faith world. And you don't have to be a poet or a philosopher to know which is best.*

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To illustrate this I'd like to share with you Gardner Hunting's Faith's Fulfillment - an illustration: *When you want to fill a sponge with water you squeeze it while immersing it in water then let it go. Soon the sponge fills itself up with water. If you want to fill yourself with power, squeeze out old habits that keep you from your potential and immerse yourself in faith and then let go. What is it that you squeeze out? Fear.*

Where There Is Doubt, Faith

Mother Teresa was a person of deep faith in knowing God as her source of all that she would ever need. Her entire life was based on her faith as she lived faith's fulfillment.

I love this quote of hers: *I know God will not give me anything I can't handle. I just wish that He didn't trust me so much.*

And boy, have we ever echoed those words?

Where There Is Doubt, Faith

Have you noticed that when times are hard, it can feel as though we're fighting every step of the way. Whether it's navigating personal issues like a relationship ending, losing a job, or fighting a disease; or other issues like the unexpected rise of fear, anger, and bigotry in a community. It can feel like nothing you do can create a sense of peace or calm, and in its place doubt will rise within you. Next time you find yourself in a tough spot, here are four ways to cultivate your faith and not lose hope.

Where There Is Doubt, Faith

Stay Connected

We all have different ways of dealing with hard things in life. However, it's important to turn toward other people, relying on this support systems to hold them up and get them through the hard times.

Practice Patience

In an instant gratification world, it can be frustrating when things don't change immediately.

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Chances are, the hard things in your life aren't going to change overnight. A flower seed is not designed to bloom in a day; a butterfly does not spread its wings in a cocoon. Take your cues from nature and take the opportunity to slow down during tough times, and take one day at a time.

Affirm the Truth

When faced with a challenging time, your mind can work itself sick trying to make sense of it all.

Where There Is Doubt, Faith

You're bombarded with thoughts of why, why not, and what's next. This isn't the time to restructure your belief system. Stand firm in the beliefs and values that have served you well over the years. Spend time with those who will fill you with hope and remind you of that truth.

Serve Others

There is no joy in faith if you don't share it. One of the most uplifting practices you can do during tough times is to serve others.

Where There Is Doubt, Faith

Times of hardship may be the best times to show up for others in need. You know what it means to not have it all together, and you can better meet them where they are. Because of where you are and your hardships, you have a unique opportunity to help create a world of healing for others.

As today's Daily Word reminds us: *The seed of faith within me expresses through every choice I make.* So let's choose to stay connected, practice patience, affirm the truth, and serve others.