

## “Philosophical Ponderings” Series

**“Faith has to do with things that are not seen, and hope with things that are not in hand.”**

*St. Thomas Aquinas*

Benefits of being faithful brings about an attitude of hope as we trust the positive thoughts and ideas of Spirit will take root and grow. You likely have your own prayer routine. Prayer is an integral part of our Faith lives, and it keeps us focused. For me, I can say that I make prayer and meditation a part of my daily routine. By taking that action, I act upon the guidance that comes to me not only from loving people like you, but certainly from the Divine presence in my life. I remain aware of the distracting power of fear and doubt and do not allow these thoughts to rule in my consciousness.

When it seems evident that nothing is happening, I remind myself that patience is also an aspect of faith. The orchard cultivator does not destroy the tree that does not bear fruit the first season. Rather than remove it, the farmer patiently tends the tree to mature fruitfulness. You and I can nurture our spiritual practice with gratitude for the many blessings we receive. I believe we are encouraged to release the belief that we must know the shape of our good. When we do, it frees us to act when necessary or when the possibility appears, and Faith takes on a shape when it arrives and resides in our hearts and minds.

The presence of faith strengthens us, especially when we recognize it is before us. When we know it is close by, we must allow our virtuousness to unfold and demonstrate our faith in God. With those thoughts in mind, we can know that we express our faith with every choice we make today, this week, or throughout our lifetime. Our every choice, no matter how small, expresses our faith in something when we act. Moment-by-moment choices create lifelong experiences so much so, we find it impossible to live without faith.

The great news is that we can change our focus whenever we choose. We say and believe we are not victims of the events and challenges in our lives. When we pause for a moment to remember the truth of infinite life, we will begin to feel at peace with the world.

So, as I begin the process of signing off words, I encourage you to observe the life you are living. Question yourself by saying, “Is it a perfect expression of my faith?” Does it demonstrate the perfect expression of the faith you are holding? Faith allows you and me to see peace in the midst of conflict, to find abundance where once there seemed a lack of abundance. As we end these thoughts that judge we can say together we will “Love all those rather than judge them.”

I am convinced the words of Paul to the Church in Rome are ones we should internalize and repeat often to affirm our expectations about faith. He wrote, “*But if we hope for what we do not see, we wait for it with patience.*” Romans 8:25

*Peace Always  
Ted*