

Five Tips to Help Kick Your Faith in High Gear

There's little else that a woman wants more in life than a loving, compatible man to spend the rest of her life with. There's no faking it with this one. We are programmed to want companionship. This doesn't mean that being single should be an uncomfortable time in a woman's life, but for a lot of women these days it is. For many women it is increasingly unbearable to be alone, but if you really think about it, Woman of God, it is only unbearable if you have doubt in your heart. To be blatantly honest, if you find yourself struggling to cope with loneliness, your faith in God isn't quite where it needs to be. Here are five spiritual tips to kick your faith in high gear:

1.) Think thoughts of love instead of thoughts of loneliness

Do you realize that every time you have a negative thought or feeling you are hurting yourself more than anyone else? Well you are. Thoughts and feelings are energy. I know it may sound a little too scientific for some, but God is the author of science. When you express a thought with feeling and emotion, you are releasing something from your inner being. You set something really powerful in motion. This energy that you release will come back to you. Luke 6:38 NKJV affirms *"Give, and it will be given to you... For with the same measure that you use, it will be measured back to you."* What you put out there comes back to you.

Loneliness comes as a result of indulging thoughts of doubt and fear. Catch yourself before you sink into that abyss, and flip the switch. Love yourself enough to saturate your thoughts with goodness. Spend your time thinking about how wonderful it is going to be to have someone love you as much as you love them.

2.) Feel Good on Purpose

It's no secret that the enemy will try to steal your joy. Resist him by resisting the urge to feel depleted, lackluster, and down. These drowning negatives will do nothing but set you up for more of the same. You want different results, right? So that means you have to do things differently. No matter what your circumstances look like, feel good on purpose. Act your way through it. God didn't tell us to FEEL courageous; He said BE courageous. This means to take authority and claim your feel-good moments by making an on-purpose choice to feel positive. Your mate is on his way, begin to act and feel like you know it.

3.) Remember, love is a decision

Love is a decision; it's not something that just happens. It's a trick to think that love makes us out of control. Just like anything else, love is a conscious choice that we make. It sounds so

Scripture taken from the New King James Version. Copyright © 1982 by Thomas Nelson, Inc. Used by permission. All rights reserved.

"Five Tips to Help Kick Your Faith in High Gear" written by Kim Ayala, edited by Reverend Fran Times-Mack, for Sundie Morning Sistas ©2011. All rights reserved. All done to the glory of God through Jesus Christ, our Lord! SMS is dedicated to inspiring and encouraging Christian Women through the Word of God.

romantic to want to lose yourself in someone, but don't be fooled by that. God has given you power to exercise authority over your mind, heart, and soul, and you should never want to give that authority away to anyone.

To love honestly, wholesomely, and openly, is to do so with a heart filled with God's love. This is the kind of love that is w

ise and loyal. So be sure that you are not allowing yourself to be fooled into wanting to give away your heart. It's yours to guard and keep, so that you make good decisions about *who to love* and *how to love* in a way that pleases the Father.

4.) Spend Quality Time in Prayer

Be careful to put first things first in your prayer life. Don't spend so much time praying about finding a mate. If you're missing opportunities to do good, then that is where you need to focus your prayer time.

There are oodles upon oodles of opportunities to give and show love every day. If you are having trouble recognizing them, then begin to spend some real quality time in prayer. Ask the Father to open the eyes of your spiritual understanding so that you can see what He desires you to see. Because if you can't see the many ways He places before you to give love and be a blessing every day, then you certainly won't be able to recognize the gift of your mate.

5.) Believe, Believe, Believe

Take a look at what Jesus said to the disciples. He said in Matthew 17:20NKJV, "*for assuredly, I say to you, if you have faith as a mustard seed, you will say to this mountain, 'Move from here to there,' and it will move; and nothing will be impossible for you.*"

The only thing that holds us back from having anything in life that we desire is a lack of faith. Absolutely nothing is impossible or insurmountable to the believer when they properly exercise faith. Jesus Christ said that, because of the disciple's unbelief, they couldn't do what He had told them to do, which was heal the sick. They wavered in their belief. They doubted that God's power would work through them to carry out the work they were charged to complete. Anytime we seek something from God, we have to remember that it's His power that works through us. To doubt ourselves, is to doubt Him.

Not everyone has the flatfooted faith to trust that God will provide what they ask of Him, but you should have this kind of faith. If no one else believes, you ought to. If you are the last person standing on earth, you should be standing on faith, believing that God will bring you a mate even if He has to make him appear out of thin air. That's just how sold-out you should be on God's Word.

Finally my Sisters, just be convinced of the reality of who you are through Christ. Recognize that everything you need, you already have through him. You're complete in our blessed Savior, and that means that you've been blessed with the power to get what's already yours. So line up your thoughts, feelings, confessions, and deeds with God's love. This is how you claim your marital status in the name of Jesus Christ, and have unwavering faith in it. ●

Scripture taken from the New King James Version. Copyright © 1982 by Thomas Nelson, Inc. Used by permission. All rights reserved.

"Five Tips to Help Kick Your Faith in High Gear" written by Kim Ayala, edited by Reverend Fran Times-Mack, for Sundie Morning Sistas ©2011. All rights reserved. All done to the glory of God through Jesus Christ, our Lord! SMS is dedicated to inspiring and encouraging Christian Women through the Word of God.