

Now faith is the assurance of things hoped for, the conviction of things not seen.
Hebrews 11:1

Advent is a powerful spiritual tool that we can use on our journey toward Christmas. Advent comprises the four weeks leading up to Christmas. Unity celebrates the four weeks in this order: **Faith, Peace, Love, and Joy**. Today we begin Advent by practicing our **Faith**. I hope you get a *Faith Lift* from today's lesson.

There is a story of a man who sells all that he owns to buy a field, where he has found a pearl of great price. Perhaps we are like that person searching, maybe in trouble, having challenges, wanting to feel more empowered, wise and guided. Sometimes we look in many different fields, relationships, and jobs, or to other people, to find the pearl? Although we may have looked *out there* for a long time, searching for someone or something for our answers, our pearl, or our power, is not *out there*.

The fertile field and the pearls of great price are not outside of us. We are the field. The pearls are within us. The most valuable pearl is our true Self, our spiritual Self, that inner core of us that knows and has all of the pearls of wisdom we need.

One of the pearls within us is the power or faculty of faith. Faith is the perceiving power of the mind. It is a power that helps us to look beyond the appearances, challenges, and barriers that the ego mind creates. Faith is a deep inner knowing, assuring us that our heart's desires are already ours for the claiming. Faith helps us reach into the realm of the invisible, and intuitively know what is ours to do, and how to do it.

To develop our faith faculty, we must practice using it. Here is a five-step process to help you do so. The steps are in the form of an acronym from the word **FAITH**.

Follow guidance: Listen to the still small voice or desire.

Act: Move forward with actions, affirmations, and prayers.

Imagine the end result: See, feel and visualize that which you desire.

Trust God: Let go of your expectations, and know that God will provide the perfect result for your highest good.

Harvest your good: Celebrate and give thanks for that which God has provided you.

Faith is the first of our God-given powers. Let's encourage it. Let it grow in you to develop the Christ person you are designed to be. *God is blessing you now with faith!*

Affirmation: Through continued attention to my Christ Self, my faith is made visible in everything I do.