

Live Well Lifestyle Webinar Recap & Recording

July 27, 2017 - [Click Here for the Recording](#) (requires [Windows Media Player](#)) or [download mp3](#)



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Topic: Faith- Without It We Will Remain Lost in Struggles of your Own Making

What is Faith? Complete trust or confidence in someone or something; a strong belief or trust in someone or something; a strong or unshakeable belief, confidence, optimism, hopefulness, and hope. Simply put, the biblical definition of faith is “trusting in something you cannot explicitly prove.”

Are you a chronic worrier? As you look back to all your times of worry and concern has worrying ever give you peace of mind. Has it ever help a situation get better? And yet when we feel out of control we stress out and worry rather than seek the solutions in the stillness and quieting of the mind rather than in stress and panic. What degree of Doubt in God do you have to

have to think you can control all situations by yourself?

Worrying is using your imagination to create something you don't want. Worrying holds you back, cripples your thinking, destroys your motivation, and fuels your imagination of the worst things that can happen. [Dreading or worrying is simply a rehearsal for actual failure. www.Abraham-Hicks.com](http://www.Abraham-Hicks.com)

Your stress is a red flag signal you need to turn it over to God to untangle your little ball of yarn. Some of the most church going people I know, still do not trust God with their burdens. It is easy to say but hard to do. Much like asking for forgiveness or forgiving others. The letting go and releasing it ALL into the hand of God is where doubt creeps in, and we hang on for dear life to the things that are tearing us apart.

What's so hard about talking to God and saying “Here God, take these burdens from me. It is more than I can bear.” I desperately need and ask for your help. Now give your list of worries to him. Take a deep breath. Release as your give Him your list. Feel the weight lifted from your shoulders. Take a timeout to sit and watch nature or just close your eyes and meditate. Relaxing and letting go. Surrender it ALL! Meditate. If necessary let the tears flow. Notice how things start to unravel from that point forward.

The Universe will connect the dots and orchestrate the solutions. God has it set up that way. Doors will open. Opportunities and solutions will arise where you thought none possible. And all you had to do was let go and be in peace.

“The universe has infinite organizing power, and as conscious beings, we have ready access to this realm simply by spending time in stillness and silence. The same consciousness that orchestrates the myriad rhythms of the whole world dwells within each of us. As we cultivate present moment awareness and remain open to the many opportunities life offers, we open to the power within us to realize all our dreams with effortless ease.” Deepak Chopra

“Complaining about anything holds you in the place of refusing to receive the things you've been asking for. Justifying about anything holds you in the place of refusing to let in the very things that you've been asking for. Blaming someone holds you in the place of refusing to let in the things that you've been asking for. Feeling guilty, feeling angry, it doesn't matter what you call it; it is a refusal,

not a conscious one. You're asking; you can't help but ask. The Universe is yielding; it must yield. It's a big question, folks: why aren't you letting it in?" www.Abraham-Hicks.com

The Universe is God. This is His Divine Plan for you. When you understand the two quotes above Faith becomes easy.

[Hebrews 11:1](#): Now faith is the assurance of things hoped for, the conviction of things not seen. ² This is what the ancients were commended for. ³ By faith we understand that the universe was formed at God's command, so that what is seen was not made out of what was visible.

[Proverbs 16:3](#)

Commit your works to the LORD and your plans will be established.

Make a plan for your future. What do you want to do and become? Share it with God. Tell Him you need His help. I know where I want to go and become but I am not sure how to get there? He already has a plethora of plans stored up for you. By faith you can make your dreams come true.

Psalm 5:22 Cast your cares on the LORD and he will sustain you; he will never let the righteous be shaken.

Matthew 28 [Come to Me, all you who are weary and burdened, and I will give you rest.](#)

Matthew 6:25-34 Do Not Worry

²⁵ "Therefore I tell you, do not worry about your life, what you will eat or drink; or about your body, what you will wear. Is not life more than food and the body more than clothes? ²⁶ Look at the birds of the air; they do not sow or reap or store away in barns, and yet your heavenly Father feeds them. Are you not much more valuable than they? ²⁷ **Can any one of you by worrying add a single hour to your life?**

²⁸ "And why do you worry about clothes? See how the flowers of the field grow. They do not labor or spin. ²⁹ Yet I tell you that not even Solomon in all his splendor was dressed like one of these. ³⁰ If that is how God clothes the grass of the field, which is here today and tomorrow is thrown into the fire, will he not much more clothe you—you of little faith? ³¹ So do not worry, saying, 'What shall we eat?' or 'What shall we drink?' or 'What shall we wear?' ³² For the pagans run after all these things, and your heavenly Father knows that you need them. ³³ But seek first his kingdom and his righteousness, and all these things will be given to you as well. ³⁴ Therefore do not worry about tomorrow, for tomorrow will worry about itself. Each day has enough trouble of its own.

Faith is the means (will) to access all that God has stored up for you in His Grace.

"Your wishes and prayers are only manifested when they are in harmony and congruent with your thoughts and actions. www.Abraham-Hicks.com Pray with faith it can happen."

Joel 2:25 God can restore all that is broken and change it into something amazing. All you need is faith.

"The more fear one has of anything, the more a vibrational match to the thing that they fear they are." www.Abraham-Hicks.com

So the only remaining questions are;

What will it take for you to trust God completely? To have complete faith in the All Mighty?

What would you ever not trust Him with? He knows every hair on our heads?

Why in heavens name do you keep worrying?

In the words of the song, You gotta have faith, faith, faith, You gotta to have faith....

Why do we not have faith that all things are possible?

Joel 2:25 "God can restore all that is broken and change it into something amazing."

All you need is faith.

Closing Thought: Some things you're not letting happen right now because the timing isn't perfect for you. Some you're not letting happen because you are very aware of where you are. But all things, as they are happening, are happening in perfect order. And if you will relax and begin saying, "Everything in its perfect time. Everything is unfolding. And I'm enjoying where I am now, in relationship to where I'm going. Content where I am, and eager for more," that is the perfect vibrational stance. www.Abraham-Hicks.com

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