

7 Ways To Bring Authentic, Meaningful Faith Into Your Daily Life

by
The Rev. Cory L Kemp

Creating Women Ministries
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Forward

Greetings, this is the Rev. Cory L. Kemp, founder of Creating Women Ministries and author of *You Don't See Many Chickens in Clearance: Essays on Faith and Living*. You have probably visited my web site or heard of my book, but you may not know that I also can help you connect with your faith in God and help you live that faith everyday, transforming your life into what you have always hoped it could be.

My Special Report, "7 Ways to Bring Authentic, Meaningful Faith Into Your Daily Life," will change the way you think about faith and its purpose in your life forever.

We live in uncertain times. Now, more than ever, you may be confused about the future and sometimes even your day-to-day life. Questions abound: Will I have a job tomorrow? Are my children going to live in a world with clean air and water? What about health care costs and rising food and fuel prices? Beyond these important, immediate concerns, you also may wonder why you are here, what purpose your life is serving and how you can make the world a better place.

It is so easy to become overwhelmed and frustrated with living itself. You may be feeling this way yourself, perhaps even hopeless. When life becomes so full of questions, you may find yourself searching for answers, perhaps drawn to reconnect with your faith to find a better way of living your everyday life.

Connecting with your faith may be the single best thing you ever do in your life. Using these "7 Ways to Bring Authentic, Meaningful Faith Into Your Daily Life" can get you started on your own journey again, clearing a path and creating a life-long commitment one step at a time. As you integrate these seven important, yet simple ways of living your faith in real situations you encounter every day, you will feel your connection with God strengthen as your faith in God deepens.

Time spent each day using the "7 Ways to Bring Authentic, Meaningful Faith Into Your Daily Life" will be the best and the easiest investment in nurturing your faith that you will ever find.

Something many spiritual leaders and people of faith don't tell you is that faith is a series of small, consistent steps grounded in the belief that God does not walk away and never gives up on us.

Yes, there are difficult times when you feel very alone. There are astonishing emergencies when all you feel your are relying on is instinct and sheer will. But faith isn't an emergency kit that you pull out at these times, hoping someone else has thought to have it stocked and ready. We are each called to and must create a faith that will be ready to celebrate and sustain our whole lives.

Blessings,
Cory

The Ways to Bring Faith Into Your Daily Life

I share these ways of bringing faith into your daily life from my own experience. Living a life of faith has not always been easy, but it has always been good.

Contrary to popular belief, faith isn't something that just "happens" to people, the chosen few, those lucky enough to discover God in a lightening-bolt moment.

Faith is a gift from God, but it is a gift available to all people. As a gift, faith is therefore something that must be received, unwrapped and used, just like a prized tool or cookware set. Left in the box, a good wrench is just wasted. The mixing bowl left buried in tissue will never be used to create a cake.

Faith is no different.

Faith is defined in its use, and must be brought actively to life in order for you to bring faith into your daily life. How you live your faith defines how you live your life each day.

Who Is The Rev. Cory L. Kemp?

The Rev. Cory L. Kemp, a graduate of the University of Wisconsin - Green Bay with a double major in Communication and the Arts and Social Change and Development and a minor in Women's Studies, was ordained into the ministry of the Moravian Church in North America after completing her Master of Divinity degree studies through Moravian Theological Seminary.

Over twenty-five years of experience in individual and community ministries gives Rev. Kemp an informed perception about faith, its implications and struggles in everyday life. Rev. Kemp focuses her work on helping people understand their faith and how faith can become transformational in their lives.

Why These Ways are Important To Living Your Faith

Considering ways to live your faith might be an entirely new concept to you.

You may be wondering what makes one way of living faith different or more important than another. You may also be curious about what makes faith a living, breathing entity, a concrete set of activities. And finally, you may really be puzzling over how you can sustain or even grow faith over the course of a lifetime.

The truth is that bringing faith into your life and living it to its fullest extent is not always easy.

Authentic, meaningful faith doesn't develop overnight. Faith isn't a magic pill that makes its adherents instantly bound to faith as a lifestyle choice. Reaping the benefits evident in the lives of those who rely on their faith each day takes practice, patience and consistency.

But take heart.

The truth is also that we can all choose to live our lives using these tools to bring faith into our daily lives. We all know to do them and we all know how to do them. Each of the "7 Ways to Bring Authentic, Meaningful Faith Into Your Daily Life" are familiar and can be integrated into your individual schedule. They don't take a whole lot of time either.

These ways of living your faith, bringing authentic, meaningful faith into your daily life, are important because they will transform your life. You will never be the same once you start using them.

The Reasons People Struggle With Their Faith

My guess is you may not think this whole approach to faith is as easy as I am making it sound. "If it's so easy why don't more people do this? What's the catch?," you may be asking yourself.

There is not catch, but that kind of thinking does lead to the reasons people struggle with their faith. Many people don't believe that faith is an attainable goal, a lifestyle choice that is able to be created with individual decisions we each make every day of our lives.

Faith is a series of conscious decisions.

Faith as decisions? Did you think that faith was all about God's mysterious ways, a hit or miss lottery over which you have no control? Most people will tell you that you need to "have faith," but most are also unclear about what that means. If you hold to the belief that living your faith is about waiting for God to lift you up or dash all your hopes, frustration and hopelessness can set in and your life can stall out very quickly. Many people, maybe you as well, struggle with living their faith from the sheer frustration of not knowing they are empowered to act on their beliefs through conscious choice.

Many more of us have engaged, almost clutched onto the notion that not only does God have control over our faith, but so do other people.

Do you believe that another person's words or actions can ruin your day? Do you think that what another person says about you means more than how you feel about yourself? Does someone else's behavior prevent you from making your decisions, living your own life or even living by what you believe?

If any of this sounds or feels familiar, you are not alone. Many people believe others control their behavior, their conversations, even their thoughts. They place the onus of responsibility about how their faith speaks to them on other people. If you have stopped yourself from living your faith because of what someone else might say or think about you, you are allowing another human being to live your faith for you. They may or may not be doing a very good job of it, but it isn't their job in the first place.

When we try to foist the work of faith onto an unsteady image of God or judgmental people we feel disconnected from faith itself and we become frustrated. When we become frustrated we are no longer trusting God and living our faith with authenticity and meaning.

Live Your Faith, Not Your Frustrations

Overall, the way to live your faith is to focus on doing so, not on the frustrations that can overwhelm your life.

Living your faith is not about blaming God or waiting on God to make your decisions and live your life for you. Repeatedly telling yourself that every bad or difficult thing that happens in your life is God's will only serves to distance you further from what God is actually doing in your life and positively engaging that.

Living your faith means focusing on yourself as an active participant with God in this world. We are here to make a difference in partnership with God, not to be willing victims of a distant, uncaring power.

Living your faith is not about focusing on reacting to other people's behavior, but focusing on what we believe about God and responding from those beliefs.

Faithful living isn't about making excuses for why we haven't done what we know to be right. Faithful living is being responsible in our interactions with other people, even when we are feeling hurt, angry, frustrated or intimidated by their behavior.

Our culture would have us believe otherwise.

Most people, whether they claim a faith perspective or not, get very caught up in sarcasm and coming up with the quick answer. Feeling cheated out of status, material wealth or power sets us on a path that is habit forming and perpetually miserable. It is easy to start treating God like the person at work who never has a good thing to say: keep your distance, do your job and escape as fast as you can. No one blames us for that, and in fact, it's considered a pretty good strategy for dealing with our frustrations.

But faith would have us choose a different way.

The Seven Ways to Live Authentic, Meaningful Faith

As I mentioned, the "7 Ways to Bring Authentic, Meaningful Faith Into Your Daily Life" are all familiar to you. You know to do them and you know how to do Theo. Making the choice to do them, consciously and consistently, and to believe that these are ways you and God can enrich your life and change the world for the better, is what you will need to decide for yourself.

Ask yourself each of these questions and give yourself time to really feel your response to them in your soul.

- Do you believe that prayer can bring authentic, meaningful faith into your daily life?
- Do you believe that joy can bring authentic, meaningful faith into your daily life?
- Do you believe that lovingkindness can bring authentic, meaningful faith into your daily life?
- Do you believe that patience can bring authentic, meaningful faith into your daily life?
- Do you believe that forgiveness can bring authentic, meaningful faith into your daily life?
- Do you believe that hope can bring authentic, meaningful faith into your daily life?
- Do you believe that grace can bring authentic, meaningful faith into your daily life?

Now is the time for you to consider whether you think the effort to live these questions is worth the benefits you will reap by doing so.

Suggestions for implementing these seven ways of bringing faith into your life are also included. Try using one a day for a week and see what a difference you notice and feel in your life. Try using one way for seven days before moving on to the next. Or consider your own method to integrate these ways of bringing authentic, meaningful faith into your daily life.

Way One: Prayer

Bringing faith into your daily life with prayer seems an obvious and profoundly simple place to start. Prayer, defined as communication with God in all its forms, shapes the very foundation of the receiving and giving nature of our relationship with God. Because we have received God's unconditional love, we in turn give back to our fellow human beings out of this vast resource. Because God continually seeks to reach out to us, we reach back in prayer.

Communication is a deal-breaker in human relationships and is no less so between you and God. Although God will never walk away, not participating in the spiritual dance of prayer with God can leave us feeling left out in the cold, distanced from all that God is and all we can become. Without connecting with God through prayer we disconnect ourselves from God's larger purpose for creation and for our own lives. Think of being stuck on a lonely, back country road in a blizzard with no cell phone. That is a life presumably built on faith without daily prayer.

Bring Prayer Into Your Daily Life - Spend a few minutes each day in prayer. Tell God about your day, your thoughts, your feelings. Then listen for a few minutes so God may communicate with you without interruption. Practice your prayer for seven days and notice how your awareness of God's activity in your life changes.

Way Two: Joy

Bringing faith into your daily life with joy means searching out pleasure and gladness in your life, and celebrating every bit of it. Joy comes in many packages in each of our lives. Look for joy in what makes you smile, laugh and feel so creative you can't contain yourself. Do you know that feeling? That is God. Many places in the Bible speak of this deep exhilaration. "Be glad and rejoice in the Lord your God (Joel 2:23)" and "Rejoice in the Lord! Let your gentleness be known to everyone. The Lord is near (Philippines 4:4-5)" are but two references to the intention God has for us to enjoy living.

Too often we equate faith with tragedy because we trust that faith will get us through when nothing else is left. Faith in God is our strength in these moments, but God is also with us the rest of the time. A small plaque in the foyer of my home says, "Bidden or not bidden, God is present." Why would God only choose to love us when we are hurt, discouraged or facing crisis? The God who loves us through all these times also is around for our first glimpse of a starry night sky, a meal shared among friends and jokes that make us laugh so hard we cry. Pay attention to how God fills your life with joy and you will know faith.

Bring Joy Into Your Daily Life - Pay attention, search out all the joyful moments of your life. Take time through the day to delight in whatever pleases you. Keep a list if you like. Knowing God views us in the same way. Cherish the joy of being God's daughter or son. Practice your joy for seven days and notice how your awareness of its presence has shifted.

Way Three: Lovingkindness

Bringing faith into your daily life with lovingkindness means showing friendliness, consideration, affection and generosity to those around you. The word lovingkindness itself implies a warmth of spirit and intent not found in everyday life unless we put our minds and hearts to observing its miraculous effects. Loving God, ourselves and each other combine the two greatest commandments of the Christian faith. By giving yourself over to care a little more, giving to others in simple ways, you expand your own capacity as an avenue for God's grace. In short, you feel better because you have made someone else feel better, increasing your faith in a loving God who cares for all of us.

Lovingkindness toward others evidences faith as concrete, real, a verb that reminds us that faith without works is hollow. Faith expressed as acts of lovingkindness joins what you believe with how you live your life.

Bring Lovingkindness Into Your Daily Life - Opportunities to show lovingkindness are abundant. You can have the pleasure of smiling at complete strangers, allowing someone else ahead of you in line at the grocery store, complimenting a friend on a new haircut or a co-worker on a job well done. Just because you want to. Try this for seven days. Once you start you'll never want to stop.

Way Four: Patience

Bring faith into your daily life by practicing patience, the capacity for calm, self-possessed waiting. Think of all the times throughout your day in which patience can become your choice and your ally. If you choose patience over irritability, anger, frustration, bitterness or crankiness, you are choosing calm, self-possession, remaining in control of your own thoughts and behavior. You are calling the shots in your own life instead of falling into treating yourself as a victim of circumstance. Patience leads you to faith because faith is all about choosing, not living by chance. God's nature is to be patient with us, not pushing and poking if we aren't moving fast enough. When you are patient with other people you are reflecting God and God's faith in you.

Bring Patience Into Your Daily Life - Remember that patience can be defined as calm, self-possessed waiting. Another way to consider practicing patience with yourself and others is to give someone time. Giving someone time to think, act or speak without prodding or interruption is an act of respect that cannot be measured. For the next seven days discover how many choices come available to you to give yourself calm, self-possessed waiting. See how many ways you can allow someone else the time they need.

Way Five: Forgiveness

Bring faith into your daily life by practicing giving and receiving forgiveness. Forgiveness, releasing feelings of anger or resentment, is primarily about giving yourself permission to have faith in another person again.

It is instinct to defend ourselves against hurtful words and behaviors, but it is forgiveness that releases us from the damaging effects that grudge-holding has on our psyches and souls. It is an indulgent, expensive lifestyle choice to declare that you will never forgive someone or that you may forgive, but never forget. Holding onto anger or resentment shrinks life to its smallest possible size. Forgiveness expands your life beyond anything you can imagine, giving you the opportunity to believe in yourself, another person, even God again.

Bring Forgiveness Into Your Daily Life - Take time with forgiveness as an active part of your faith. Consider those for whom you hold anger and resentment, whatever the reasons that have caused you to feel as you do. Practice saying, "I forgive you and I now have faith in you again," in a quiet place by yourself. Reflect on how you feel as you say these words. Practice this exercise over the next seven days with a variety of situations or the same one. What is this experience like for you?

Way Six: Hope

Bring faith into your daily life with hope. Expectation and desire combined equal hope. Most often hope refers to a last ditch effort, the only remaining thread we cling to when all else has failed. Hope is not a word that inspires confidence, but more often is used as a disparagement toward what hope actually means. Expectation left alone assumes, but merged with desire it acquires a whole new identity as hope. Scripture tells us to "Hold fast our confession of hope without wavering, for God who has promised is faithful (Hebrews 10:23)." Therefore we see that hope is strong, active and alive, and precedes faith as its last stepping stone. Standing firm in our hopes leads us directly to the next step into faith, bringing more faith into our lives with each step we take.

Bring Hope Into Your Daily Life - Listen to how you use the word hope. Listen to how people around you use this word too. Then consider how your definition of hope impacts your reality. How does your language affect how you see the world? Spend a few moments each day for seven days repeating the following to yourself: Hope is expectation and desire combined. faith is the assurance of things hope for. Take note of how your feelings and thoughts are informed by this process.

Way Seven: Grace

Bringing faith into your daily life with grace opens your heart, plain and simple. Grace is the most elegantly profound way God enters our lives and the greatest gift we can give ourselves or another human being.

The word grace is frequently thrown around in conversation like a Frisbee at a church picnic without its speakers having a handle on its true meaning. The dictionary defines grace as, "Unmerited or unearned favor; generous courtesy."

When is the last time you allowed a friend to lean on you for support even though you had another place you were already supposed to be? Was there ever a time that you led a work project but gave credit to your whole team for the effort? Have you ever encountered a family member who was in a really bad mood and remembered you still loved them anyway? All of these situations show grace offered, unearned favor or generous courtesy.

Now, consider the times you have been the friend in need for whom another stopped what they were doing to listen. Remember the time at work when someone gave you credit for your contribution to a task. How often have you been the family member that others could have railed against, but instead were loved anyway? You were a recipient of grace, unmerited, unearned favor and generous courtesy.

We are all familiar with the idea of grace, but not so much with identifying its practical applications when they are so readily apparent. Grace is highly accessible. In fact, grace is everywhere we want to look for people giving and receiving a little leeway, some space, to be themselves. It is true, none of us is perfect, but giving others and ourselves, grace to be ourselves means we are not stuck in a limited, negative snapshot of only a small portion of who we are. Faith is about the big picture. Grace opens our hearts to the big picture.

Bring Grace Into Your Life - Take a few moments today to feel the spaciousness of grace. Where would you like to give yourself generous courtesy? Instead of choosing to beat yourself up, give yourself permission to receive support and praise on behalf of the faith you have in your own life. Do the same for another person, friend, family member or stranger. Instead of blaming them for poor behavior or a negative attitude, give them praise and support on behalf of the faith you have in them. Try this for seven days and feel how much more open and inviting the world feels.

All Things Work Together For Good

The eleventh book of Hebrews begins, "Faith is the assurance of things hoped for, the conviction of things not seen (Hebrews 11:1)." The author of these words, though unknown to us, clearly knows faith as a tangible, viable part of their life. There is a history that follows this passage that encompasses the whole of the Judaic-Christian heritage, a testimony to all that have gone before us in faith and offered it up to us as a living tribute to our God who promises us all good things.

As I mentioned earlier in this report, living a life of faith has not always been easy for me, but it has always been good. I believe that God has worked on my behalf in order that I may enjoy the provision and abundance of our world, but also so that I may give back in service to the people who are here with me. Although faithful living may not make sense to some, it seems to me to be a most practical and enjoyable way to live.

The Apostle Paul wrote, "We know that in everything God works for good with those who love him, who are called according to his purpose (Romans 8:28)." Trust that as you work with these seven ways to bring authentic, meaningful faith into your daily life God is working with you for good, in your life and in the world. Transformation happens one thought, one action at a time.

How to Bring More Authentic, Meaningful Faith Into Your Daily Life in 45 Minutes

Imagine waking up each morning excited to see what the day holds for you. Imagine feeling a clear sense of purpose in your life. Imagine feeling such a sense of oneness with God that you know your life is transforming the world into a better place. What influence will your faith have today?

Your first step to bringing more authentic, meaningful faith into your daily life is to apply for your 45 minute faith coaching session with me. When I have received your application I will send you a brief series of questions to focus our time on what you would like most. Then we will schedule your personal coaching meeting.

During the call we'll talk about what issues are uppermost in your mind regarding your life and how you can transform those issues into avenues to bring more authentic, meaningful faith into your daily life. Instead of staying stuck in frustrations that have claimed your time and energy, perhaps for many years, you can begin to move your life forward, living the life you were created by God to live. You will be able to tap into my years of knowledge and experience, but even more important, you will reconnect with your own faith and its power to transform your life forever.

If you are yearning to reconnect God and make bringing authentic, meaningful faith into your daily life a priority, now is the time to apply for your individual 45 minute coaching session.

Please note that openings in my schedule for these individual coaching sessions are becoming increasingly limited. I recommend that you apply today to reserve your session while there is still time.

And, as a Special Limited-Time Offer, I have reduced the price of these sessions from \$95 to \$77, Satisfaction Guaranteed.

Special Limited-Time Offer Ends Soon

Yes, Cory, I want to bring more faith into my daily life!
Please accept my application for my individual
Faith Coaching Session

http://www.creatingwomenministries.com/s_148.asp

Blessings,

Cory

Rev. Cory L. Kemp

