

HAVE A LITTLE

*Faith*

.....  
THE FAITH OF A MUSTARD SEED  
.....

BY WESTINA MATTHEWS, PH.D.

MEDITATION

Take a moment to think about your own unanswered questions. What is *YOUR* second question? Do not be afraid of the answers; just ask the questions. Remember that God already knows both your questions and the answers.

.....  
.....  
.....  
.....  
.....  
.....  
.....  
.....  
.....  
.....  
.....  
.....  
.....  
.....  
.....

MEDITATION

Begin to slowly breathe in and to breathe out. With each exhale begin to let go. Inhale the love of God. Exhale and let go of your distractions. Feel the places where you are holding on. Is it in your heart? Is it in your unshed tears? Lift up your hands. With each exhale begin to let go, and feel your soul and heart become lighter as you become one with the Lord of your life.

.....

.....

.....

.....

.....

.....

.....

.....

.....

.....

.....

.....

.....

.....

.....

.....

.....

.....

.....

.....

.....

.....

MEDITATION

How strong is your faith in the midst of your storm? Why are you afraid to wait on the Lord? Do you trust that God has a divine plan for you? Do you believe that the light from heaven is shining on you and will renew your strength?

.....

.....

.....

.....

.....

.....

.....

.....

.....

.....

.....

.....

.....

.....

.....

.....

.....

.....

.....

.....

.....

.....

MEDITATION

What are you afraid to trust God with right now? What are you choosing to believe in rather than the omnipotence of the Almighty? Be fearless as you search within yourself and bring to light your concerns. Have confidence in God. Trust in God the Father, God the Son, and God the Holy Ghost.

.....

.....

.....

.....

.....

.....

.....

.....

.....

.....

.....

.....

.....

.....

.....

.....

.....

.....

.....

.....

.....

.....

MEDITATION

What do you believe today? Do you believe that God is the one constant in your life? Are you able to believe in the midst of your unbelief? Do you believe that with God all things are possible? Do you believe that you can be healed of all of your doubts, your fears, your worries, your cares?

.....

.....

.....

.....

.....

.....

.....

.....

.....

.....

.....

.....

.....

.....

.....

.....

.....

.....

.....

.....

.....

.....

MEDITATION

What are you trusting God with right now? What does He need to make straight in your life? What appears impossible to you at this moment? Are you able to have a little faith? Can you get back up again?

.....

.....

.....

.....

.....

.....

.....

.....

.....

.....

.....

.....

.....

.....

.....

.....

.....

.....

.....

.....

.....

.....

PRAYER

Let me leave you with a closing prayer.

OUR HEAVENLY FATHER, OUR PRECIOUS LORD JESUS,  
WE COME HERE BEFORE YOU, HUMBL Y ASKING FOR  
FORGIVENESS FOR OUR DOUBT, OUR QUESTIONING,  
OUR IMPATIENCE, OUR FEARS.

GOD, WE LET GO, AND WE LET YOU *BE*  
ALL THAT YOU ARE.

WE PRAISE YOU, WE HONOR YOU, WE LOVE YOU...  
FOR LOVING US, FOR DRAWING US CLOSER TO YOU,  
FOR TASTING OUR TEARS.

WE ASK FOR THE FAITH TO LET GO,  
TO WAIT, TO TRUST, AND TO BELIEVE.

WE ASK FOR THE FAITH  
OF A SINGLE MUSTARD SEED.

WE ASK TO HAVE A LITTLE FAITH.

*amen*