

35 WAYS TO INCREASE FAITH

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15. PRAY FOR SOMEONE

"If we have faith as small as a mustard seed, the Lord can help us remove the mountains of discouragement and doubt in the tasks ahead of us as we serve with God's children, including family members, Church members, and those who are not yet members of the Church." -M.

Russell Ballard (April 2018 Conference)

Prayer is one of those acts of faith that can help move mountains. You can use your faith by praying specifically about someone or something. Explain your concerns to Heavenly Father. Express your desire to overcome and let go of your doubts so you can really believe He can help. Listen for His thoughts and any suggestions He has of actions for you to take. Then as you do them watch and express gratitude for what He is doing to help.

16. USE CHRIST'S ATONING POWER

"I am realizing that how intimately I know the Savior significantly influences my ability to hear Him as well as how I respond." -Michael John U. Teh (April 2021 Conference)

Study the Atonement of Jesus Christ and put His power to work in your life through daily repentance. Continuing to use the gift the Savior has given you will deepen your relationship with Him.

17. CREATE A HOLY PLACE IN YOUR HOME

"You may feel that there is still more you need to do to make your home truly a sanctuary of faith. If so, please do it! ... There are few pursuits more important than this. ... Have you ever wondered why the Lord wants us to make our homes the center of gospel learning and gospel living? It is not just to prepare us for, and help us through, a pandemic. ... As faith and holiness decrease in this fallen world, your need for holy places will increase. I urge you to continue to make your home a truly holy place." -Russell M. Nelson (April 2021 Conference)

Pray and ponder what adjustments you can make in your home to create a more holy place and then put those thoughts into action. Doing this, to create a place of peace set apart from the world, will develop greater faith and connection with heaven.

18. IMMERSE YOURSELF IN THE SCRIPTURES

"The word initiates and increases our faith in Christ and fuels within us a

desire to become more like the Savior—that is, to repent and walk the covenant path." -Douglas D. Holmes (April 2020 Conference)

As you dive into the word of God (scriptures and teachings of the prophets in General Conference) you can see more of what Christ is like and what He can do. Knowing Him helps you trust Him and helps you want what He has. As you study, look for His actions and attributes as well as the results created by people who choose to act like Him and those who don't. Being more aware of these attributes, attitudes, and actions can help you create the results you want to have in your life.

19. STRETCH YOUR FAITH

"Act in faith. What would you do if you had more faith? Think about it. Write about it. Then receive more faith by doing something that requires more faith." President Russell M. Nelson (April 2021 Conference)

Taking time to ponder or write about something helps clarify ideas in your mind so you can more easily act on them. It is like creating them visually in your mind to guide and motivate you as you act to create them physically in your life. Try this as you do things that take more faith than you think you have.

20. CONNECT WITH SOMEONE OF FAITH

"In matters of faith and conviction, it helps to direct your inquiry toward those who actually have some!" -Jeffery R. Holland (October 2019 Conference)

Is there someone you know with strong faith? Think about ways that you can connect with them more. Strengthening your relationships with people of faith can help you build yours and can give you support when you have questions. This can help you find answers that turn you to truth and faith instead away from them.

21. NOTICE YOUR FEARS

"We do not need to let our fears displace our faith. We can combat those fears by strengthening our faith." -Russell M. Nelson (April 2011 Conference) quoted by Lisa L. Harkness (October 2020 Conference)

Noticing and looking into what you are worried or afraid about can help you recognize specific areas where you can turn to the Savior for understanding, correction, comfort, or strength. (Remember to look into yourself with wonder and curiosity instead of judgement.) Relying on the Savior like this shows your belief in His ability to help you persevere through, learn from, and maybe overcome your fears and weaknesses.