

Just as important as believing in God is believing in yourself.

“Truly I tell you, if you have faith as small as a mustard seed, you can say to this mountain, ‘Move from here to there,’ and it will move. Nothing will be impossible for you.” Matthew 17:20

“I can do all this through him who gives me strength.” Philippians 4:13

According to the Scriptures, we are all spiritual beings, with almost limitless potential. This is also supported by recent discoveries of quantum physics. We are non-physical, conscious beings who by the power by our observations alone bring into being the physical realities of the universe in which we temporarily reside. When energized by the Spirit of God, the human spirit, which is technically part of God, is theoretically capable of almost anything. The key to unlocking the nearly limitless potential of the human mind is “faith,” or “belief.”

Our limitations are mostly self-imposed and result from our inability to believe in ourselves. The famous motivational speaker, Zig Ziglar, called it *stinkin' thinkin'*. It's one thing to believe in God. It is quite another to believe in ourselves. Few people would doubt the power of God to accomplish anything He sets His mind to. A problem arises when we view ourselves as unworthy, incapable and separated from God. For a variety of reasons, we are unable to convince ourselves that God loves us unconditionally and wants us to thrive and prosper. The words of Christ (in John 10:10) that He came to give us life abundant, have fallen on deaf ears. We conjure up all sorts of alternate interpretations of what Jesus said, rather than accept the plain and obvious meaning. Some of us refuse to believe those words because we feel that due to our sinful condition we don't deserve the blessings of God. Others refuse to believe because of Scriptures that speak of “suffering” as a natural and expected result of following Christ. We forget that the disciples, in the face of suffering and hardship, were able to perform great miracles. Suffering and hardship in the name of Christ is supposed to bring us “*pure joy*” (James 1:2-4), and “*the fruit of the Spirit is Love, Joy and Peace*” (Galatians 5:22).

It is one thing to suffer persecution for our faith in Christ. It is quite another to suffer continual failure and defeat in the normal course of our secular lives. This was never God's intention for us. It is not normal or expected that Christians be unhappy. We all have the resources within us to be successful in life. Our relationship with God is based on grace, not works. Every possible sin of commission or omission on our part was already atoned for on Calvary. If you are unhappy for any reason with the hand that life has dealt you, a good first step in the right direction would be to change your thinking and start believing that God wants you to be successful despite any feelings you might have of unworthiness or inadequacy. What greater resource could you possibly need than the power of the Holy Spirit within you?