

Chapter 1 : 3 Ways to Believe in God - wikiHow

*There are times in life when things don't go our way. Times when we meet with failure, defeat, fear, and insecurity. And when that happens, because we are so used to taking our sense of worth from the things we do, from our worldly successes and daily accomplishments, we inevitably start to doubt ourselves.*

By Papa Tony In bible , God , goodness , happiness , knowledge , love , spiritual , Thought , Uncategorized  
One of the greatest principles in all of life is that of believing! What you believe is what you receive in life with an exactness and precision that is breathtakingly accurate. Believing forms the foundation of who you are; your level of success; your health; your happiness, everything! Yet how many of us really understand believing for the simplicity that it is and are able to use the principle to improve our lives? You cannot get anything without believing. If you have too little, you have believed for too little. If you struggle financially it is because you have not yet believed to get your need met. If you are besieged with health problems or any problems for that matter it is because you have not yet believed to overcome those difficulties. Remember when you were young and your mind and heart were filled with great expectations for the future? You could do anything, be anything and have anything you wanted. And, you were absolutely right! Then something happened to you. Believing is the greatest law in the whole world! Believing cures diseases; changes relationships and brings increase and success and prosperity. Everyone believes something and believing works in every case for Christians and non-Christians alike. So, you have to ask yourself, what do you believe? How do I think life really works? Am I powerless in a world that does what it wants or do I have control over what happens to me? Believing is your control over a seemingly uncontrollable life. Believing allows you to tap into a power you may not ever have experienced before. Believing works in every case and cannot be denied by anything, anywhere! I like to shave in the car on my way to work. As I drove to work the next morning I was thinking that I might need to meet with a potential client that day and hoped that my shaver was charged enough to shave. It was out of juice. Then I thought, okay God I need you to give this thing some juice so I can shave. It was on, by God, and I was shaving. I hurriedly shaved feeling incredulous that it turned on and then turned it off when I was done. That thing came on because I believed and acted on my belief. Was what happened a life or death situation? But that same believing also works in life or death situations. You see, believing is simply getting your mind and heart convinced of some reality and refusing any other outcome. If you believe something, you act on it without hesitation, without doubt. If you doubt or trust what it looks like or what the doctor says or what the economy says or what your family says or anything that negates what God says, you will be in effect talked out of your believing and receive the results or lack of results of your own believing. It really is that simple So, my friends, you need to learn to believe again. You need to take the time to learn what is available to you in life suggestion-the Bible and choose to believe what God says, which by the way is how you thought when you were a child, before the world got to you. You can change anything in your life. You can go from poor to prosperous; from sick to healthy no matter the disease ; from sad and miserable to happy! You can; you should; it is your birthright! Our great God has so ordered life that He gave you control over what happens to you and that control is found in what you believe! Just some good thoughts that I hope you believe!

## Chapter 2 : How to Believe in Yourself in the Face of Self-Doubt

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Create Account How To Believe In Yourself To Create Self Confidence If you already know what self confidence is and why you want to become more self confident , the next step is to learn how to develop greater confidence in yourself. Just believe in yourself. For this reason, it greatly benefits you to believe in yourself by developing positive beliefs about yourself and your capabilities. How to believe in yourself: Click on each belief about yourself to learn more about how it helps create greater self confidence, and why it makes sense to think it. Believe that you are someone of positive value This helps you have high self esteem, which is a crucial ingredient for being self-confident. It is neither right nor wrong to do one or the other; they are both valid different ways of thinking about yourself. Inversely, focusing on your positive qualities naturally makes you happier and more confident, especially since it leads you to rationally believe that you are someone of positive value. This is the intelligent lesson that makes it both easy and sensible for you to believe that you are someone of positive value. Believe that you can or will achieve things you want to achieve This makes you feel stronger and more powerful, which is another crucial ingredient of self confidence. For example, when a confident baseball player steps up to the plate, he always knows, without a doubt, that he can hit the baseball and get on base, even if the probability is statistically against him. Have you ever felt extremely self confident one moment, and then felt like you had no self confidence the next moment? Rather, the lesson is that part of becoming a very self confident person is to not only attain greater levels of self confidence, but to also be able to maintain a high level of self confidence, no matter what occurs. And this is ultimately what you want to aim for, if you want to become a person of very strong self confidence, where your self confidence is never lost and not easily shaken. Again, click on each belief to learn more about the value of believing in yourself, as well as how it helps make you more self confident. Why is it important to always believe in yourself? So, assuming that you already know what self confidence is and why you want to be more self confident, you now know everything it takes to become more self confident: Yes, it really is that easy to become more self confident! How self confident do you want to become? So if you want to build even more self confidence, the next step is to just learn how to do so. How To Build Self Confidence: Learn how to improve your thinking to be happier every day:

### Chapter 3 : How to believe again? | Christian Forums

*Learning to believe in yourself again isn't easy, but it does help to know you're not alone. Every single person on this planet is struggling in some way. Acknowledge that life is full of trials, but you have the inner resources to rise above the wreckage.*

Zubin Zarthoshtimanesh A religious authority and a religious debunker; both showed us how to identify the core of our shared humanity. Fifteen years back when I met Jyotirbhaskar Jayantrao Salgaonkar, it seemed improbable that we would strike a match. Besides our age gaps, there were other things which made us stand apart: But like all things magical, we seemed to hit it off over yogasanas and pranayama, Zoroastrian rituals and race origins, over Ganapati and ladoos, over Bombay versus Mumbai and most often, over the philosophical underpinning in politics and its lack thereof. Obviously there was much to learn from the man and his story. There was an important lesson here: He sought to highlight religious thought and emotion through the life stories of saints and gods. This in a way was to rationalise and distill the thoughts and works from our traditional past to help us transcend our base natures. When that happens, it becomes imperative to remind ourselves of the roots of our faith, the reasons behind our beliefs in certain fixed religious ideas â€” Salgaonkar in his many TV appearances and books highlighted our lack of insight into these complex religious motifs and ideas and sought to fill this lacunae. A singular man and his singular journey to free society from the evil grip of deadwood traditions and religious indoctrination was silenced forever. Whom do they hate the most? Dabholkar, a journalist and a doctor, sought to create an awareness, which would help overcome misguided beliefs and transcend human excesses. For sure we have inherited certain cultural motifs, imagery, rituals and practices from our cultural forebearers, but it also a fact that these were fluid concepts, not written in stone. However, both were believers â€” in the pluralistic spirit of our country, which reflects our rich traditional past. Both gave us something to hold on to in the face of crushing times. Both lived in the same era and ironically, both passed away on the same day. With these two deaths, time has stood still. How to go forward? In a way, one stood for the rich past and one for a better future. I think I know now: Their deaths together can become an important lesson for a country which shares such a large and disparate humanity. The opinions and facts expressed here do not reflect the views of Mirror and Mirror does not assume any responsibility or liability for the same.

**Chapter 4 : Can a person believe in Jesus, lose faith, find Him again and be forgiven?**

*How to Believe Again has 10 ratings and 0 reviews: Published December 31st by Augsburg Fortress Publishing, pages, Unknown Binding.*

This voice taunts you whenever you set a goal. It criticizes you when life gets difficult. It beats you down when you struggle to stand up against its running commentary. And self-doubt is greedy. In return, it leaves you with only fear and insecurity. The more you fight your self-doubt, the more it fights back. For me, drawing was as exciting as going to the playground. But the critics in my life were quick to cut me down. If the adults say so, it must be true, right? I did it because I was afraid. I was afraid of what people would say. I was afraid of failing as an artist. When fear grabs you, your beloved goal forever feels out of reach. If left unchecked, the infectious bite of fear and self-doubt can spread. You unconsciously start questioning your knowledge and abilities in everything you do. Before, I imagined self-doubt as a life-sucking monster. Like fear, joy, and sadness, doubt is part of human nature, and it needs understanding. If you want to improve yourself, you need to tame your self-doubt, not fight with it. That means paying attention to how you react to things, understanding the root of your insecurities, and taking steps to address your fears. I went from drawing every few weeks, to every week, and now every two to three days. Re-framing self-doubt has also helped me cope with other challenges, like successfully starting a small business. The following tips will help you manage your self-doubt. Identify and ease your doubts. Learning how to recognize when your self-talk takes a turn for the worse is crucial. Stop listening to people who bring you down. Some people are convinced that everything is impossible, and they are quick to shoot down ideas. You can find them among friends, family, books, or blogs like Tiny Buddha. They will lift you up when you feel down and help you see the bright side of your darkest fears and doubts. This one is tough. So, I suggest writing a list. Grab a piece of paper or small notebook, or open a blank document. Now write down your successes, big or small. And finally, keep your list with you at all times. It will help you find your way back to yourself whenever you get lost. Trust and love yourself. You probably spend more time being your own worst enemy instead of being your own best friend. But you deserve to treat yourself better. After all, you have the rest of your life to spend with yourself. Think of it this way: Would you mentally abuse or condemn your loved ones? Would you let them suffer in their time of need? If not, then why would you do it to yourself? So, be kind to yourself. You are more capable and worthy than you give yourself credit for. Give yourself permission to try—and try again. Over time, you just get better at dealing with it. It will greet you every time you fall out of your comfort zone and whenever you strive to do something great. Your doubts are only thoughts, not your future. Sure, something may go wrong. Are you willing to risk that instead?

**Chapter 5 : Walking With God Through Doubt – Mike McHargue**

*"Believe in yourself, and the rest will fall into place. Have faith in your own abilities, work hard and there is nothing you cannot accomplish." - Brad Henry It is a very well-known fact that if anyone wants to do succeed in life, they must believe in themselves. We have to believe in.*

I wrote a whole book about doubt and the science of learning to love God again after losing your faith. Click here to learn more. A friend of mine is doing a project about belief and asked for this as part of his course work. So while the Enlightenment gave rise to modern science and philosophy, and new ways of measuring reality, Christendom held fast to a pre-enlightenment understanding of the world and, by extension, God. I was raised in a Southern Baptist family. Most Baptists believe that the Bible is the literal, infallible word of God. Such a posture produces claims remarkably out of step with modernity. If you accept Biblical literalism, you must accept that the entire Universe was created in six days, that the earth was covered in a global flood, and that God commanded his followers to commit mass genocide with alarming regularity in the Old Testament. The problem for the believer is the empirical basis for the sciences: The morality of the Old Testament God is more troubling to a person with modern sensibilities. That is to say nothing of the contradictions in the Bible's own narrative, of course. Even without science, a plain reading of scripture itself challenges the core precepts of fundamentalism. Genesis 1 and 2 alone are irreconcilably without considerable apologetic acrobatics. Of course, there are progressive understandings of scripture. Unfortunately, Liberal Christianity is rife with its own contradictions. If God is all powerful and his plan for humanity is contained in scripture, why allow men to muck up that message in their words? Why is there such tremendous and senseless suffering and brutality in this life? Free will offers a poor excuse here. My children have will and agency, but I would not stand by while my oldest child beat my youngest – and I am not a God. The arguments of skeptics are powerful. There is simply no evidence for the Gods described in Holy Books, and why would such a God cloak himself in secrecy? There is not a reliable piece of evidence today, nor in our history, that verifies and action of the supernatural. Materialism and Naturalism adequately describe reality and the create no need for any god. I adopted humanism as a personal philosophy, and I was comfortable using religious language and metaphor to comfort others. I continued to serve at my church and held my atheism in secret. I like to be around people, and secularism offers few alternatives to the weekly gathering of a congregation. Without God, Sunday School can still be a good book club. Some of my best sermons and teachings were done as an atheist. Still, it was tiring to live two lives. In my own mind and whenever I was on the Internet I was true to what I believed. I wore a mask whenever with my family, friends, and church. Even the most comfortable mask chafes in time. My wife could tell something was up, and ultimately drove me to a confession. It did not go well, and for the first time my marriage seemed at risk of failure. My wife told my mom, and my mom tried to win my back to the faith unsuccessfully. My wife and mother agreed to keep my unbelief secret, but they both said they were praying for God to reach me miraculously. Rob spoke enough about atheism at this conference to prompt me to speak out – I outed myself as an atheist. Rob responded graciously, and encouraged me to explore new ideas and understandings of God. On the evening of the following day, we took Communion and I had an intensely emotional experience. Some hours later, around 2 or 3 in the morning, I had a mystical experience. God seemed to respond to my prayer at a key moment when the Pacific rushed up the shore and washed my feet at the moment I said the name Jesus. The coincidence was powerful, and I felt the presence of God in the same manner I did when I believed only with more power. In that moment, reality seemed to be a veil that was suddenly stretch thin, and i could just make out what was on the other side. And then it was over. I went home confused. I felt the presence of God, but none of my questions were gone. The problem of evil and suffering in the world was no less pressing. Scripture was still riddled with contradictions. Science continued to do a better job explaining our Universe. But I felt better when I prayed. It was like seeing an dear friend after years of separation. I am drawn to certainty. I continued to pray, study the teachings of Jesus, and fellowship with Christians, but I remained an empiricist. I wondered what science has learned about God. I studied secular understandings of the history of God. I dove deep into what neuroscientists have to say about human brains

experiencing God or prayer. What I learned surprised me. There is experimental support that shows humans are inherently prone toward dualism. Regular prayer and meditation affects brain function. Focus and memory are improved. Empathy and compassion are heightened. Anger and fear responses are lowered. Blood pressure is reduced. The likelihood of depression is lessened. People who believe in a loving God are less critical of self. People who attend church regularly show a marked improvement in happiness. Religious persons are more generous to charities than secularists. Humans seemed to have evolved in a way that many parts of religious expression are healthy and beneficial, both to individuals and to society. Brain scans show that believers who talk to God are engaging with something that is neurologically real. I believe in God. God is our creator, and we are here by some means. But I am not a pantheist, because God is also personal. Human brains possess an enormous capacity to experience God. God is at least what made us and what we experience when we pray, worship, and serve. I am an empiricist. But I also have beautiful, profound experiences with God that I can not explain—specifically though my tradition of following the teachings of Jesus. I am a mystic. We have been in too big a rush, and secularism risks tossing out the baby with the bathwater in its zeal for a post religious society. Unless human brains change remarkably, God will be with us for a long time indeed. Many are recovering from spiritual abuse or trauma. Please remain civil and kind in the comments section at all times.

Chapter 6 : Believe Again - Wikipedia

*So, my friends, you need to learn to believe again. You need to take the time to learn what is available to you in life (suggestion-the Bible) and choose to believe what God says, which by the way is how you thought when you were a child, before the world got to you.*

How an Atheist Found God A personal account from an atheist who was convinced no god exists, and what facts led to God. By Marilyn Adamson Religious people appeared annoyed by my question, "How do you know that God exists? Or maybe they had no idea how to answer. Most of their responses were, "Well, you just know. But I certainly did not "just know. After many months of this, I thought, "Here are the people who say they believe in God, but no one knows why! It seemed obvious that God was completely fabricated. Maybe some people needed to believe in God but clearly there was no proof. I came to the most stark conclusion God did not actually exist. I held this belief for years, not expecting it to ever change. But then I met someone who caused me to become interested in the possibility of God. She was caring, kind, and very intelligent. It bothered me that someone that intelligent could believe in God. She talked about God like he was her closest friend. She was convinced he deeply loved her. I knew her life well. Any concern she would take to God, trusting him to work it out or care for her in some way. She would tell me, quite candidly, that she was merely praying that God would act upon her concerns. For over a year, I regularly saw what seemed to be answers to her prayers. I watched her life through a myriad of circumstances, and her faith in God was unwavering. So, I wanted to believe in God on one hand, because I admired her life and her love for others. God did not exist. A nice idea, but that was all. During this time I was developing a personally built philosophy. Nietzsche, Hume, Dostoevsky, Sartre, Plato, etc. I was looking for the perfect, workable philosophy for life. I found over and over, that either their philosophies seemed lacking, or were too impractical to implement. But I kept searching. I was challenging my friend with every question that came to mind about God. I would find myself writing out questions late in the evening. This went on for well over a year. One day she handed me a book<sup>1</sup> that briefly answered questions like, is there a God; is Jesus God; what about the Bible. No comments like, "you have to believe. It was all too perfectly designed, too perfectly put together. My faith in "nothing behind it all" seemed weaker than the possibility of God. I had fewer reasons to be certain of nothing, and more reasons to conclude that God might be there. I then encountered a situation that fully challenged my current philosophy on life. What I had been putting my faith in proved to be completely insufficient. It shocked me to see that I was at a loss for an approach to life that was fully reliable. However, the situation resolved itself and I moved ahead. I have a pretty steady personality. Throughout my life, I never really felt "needy. No big gaps or struggles. And certainly nothing I felt guilty about. One night I was talking to my friend again, and she knew I had all the information I needed. She knew that I had run out of questions to ask. Yet I was still trying to debate. I was playing around with a very important decision. So I went home and decided that I was going to decide. I was going to either ask God to come into my life, or I was going to end the subject forever and never allow myself to consider the possibility of God again. I was tired of dealing with this decision. I was tired of thinking about it. So, for the next three or four hours, I reviewed everything I had read and observed. I evaluated it all. Then I had to act on that conclusion. I knew that just intellectually concluding God existed, was way too light. It would be like deciding Faith in an airplane means nothing. However, if you need to get somewhere and an airplane is the way, you have to decide to act and actually get on the plane. I needed to make the decision to actually talk to God. I needed to ask him to come into my life. After a few hours of thought I addressed God, "Ok you win. I went to bed and the next morning wondered if God was still there. And honestly, I kind of "sensed" that he was. One thing I knew for sure. I immediately had a huge desire to get to know this God whom I now believed in. I wanted to read the Bible. When I did, it seemed that God was spelling out who he is and how he viewed this relationship with him. What really surprised me is how often he talked about his love. I had no expectations of him, but as I read the Bible, he chose to communicate his love to me. That was a surprise. Now, my basic, skeptical nature was still there. The first few months or year, I would ask myself, "Am I really believing in God? And, why am I? So

my "faith" in God did not rest on feelings, but on facts, on reasons. In the same way, the objective reality of God--the logical, historical, scientific reasons to believe in his existence, are important to me. But I hate being fooled, and I have little regard for wishful thinking. What reasons do I have for continuing to believe in God? After beginning a relationship with God, I saw additional evidence that God is real. When I have questions, concerns, or would like insight on a matter, God speaks to me through the Bible. What he shows me is always perfectly suited to my question, and a better, more satisfying answer than I expected. One day, my schedule, deadlines, and obligations were crawling up my neck and tightening their hold. So I got out a piece of paper and pen, and asked God: I then opened my Bible and immediately read where Jesus was talking with a man who was blind. Jesus was asking him, "What do you want me to do for you? This, I have found, is characteristic of God. Reminding us that he is there. But I could cite hundreds of examples where I was asking God a question and he perfectly, thoroughly answered me. It probably is the characteristic of God that I most appreciate and value--that he is willing to answer my questions. I ask a question, with an attitude that I really want to give him freedom to tell me whatever he wants to And he always graciously speaks to me. Similarly, when I need direction for a decision, he gives it. I believe that God cares about our decisions. I believe he has a plan for our lives, that he cares about who I marry, what kind of job I have, and some decisions smaller than that. But decisions that will affect my life or what he wants to accomplish through my life I think he cares. When has God given me clear direction? One time I needed to decide about a trip to the Middle East.

## Chapter 7 : How to believe, again

*You have to lay it down to God and ask Him to change your heart so that you can believe again. Sorry to hear about how you've been treated. Realize though that you are approved by God and that's all that really matters.*

Can a person believe in Jesus, lose faith, find Him again and be forgiven? Hi there, I came across your website, and I was wondering about something that was on it. You said that Jesus Christ is capable of forgiving any sin. So my question is can a person believe in Jesus, lose faith, then find Him again and be forgiven? It seems like The Bible has them as two different entities. My response is in Green: You asked some good questions. There are two verses that you might be thinking of about the person who walks away from Christ. Let me quote them and then try to explain: And this is the other one: I am pretty sure one of these two verses is what you are thinking of. Let me address the first one from 2 Peter first. These people would be worse off than if they had never believed, because they will go to hell and on judgment day they will be judged for what they knew just like everyone will be. The more knowledge a person has and yet rejects the worse their punishment will be. Peter does not say that these people cannot come back to salvation, it is only worse for them if they continue on in their sin. Now as for the passage from Hebrews it is a different story. This passage is much harder to understand and you have to look at the over all context to understand it. The whole book of the Bible was written to Jewish believers. It was written to explain to them that they were no longer under the law of the Old Testament. The author of Hebrews explains the difference between an earthly priest who has to have his own sins forgiven and then continually offer sacrifices for the sins of the people over and over again, and Jesus Christ who offered Himself once and for all for all our sins. He did not have to have His own sins forgiven and He does not have to die over and over again. Now the point to that is that the Jewish believers grew up thinking that they needed to have a new sacrifice over and over again to be sure they were forgiven. There Jewish believers were tempted to go back and make human sacrifices to "make sure" their sins were forgiven in the sight of God. As for your question of whether Jesus and God are one or separate. Well they are two members of what we call the Trinity. God is one being, yet He is three separate persons. You can see this in the Bible: At that moment heaven was opened, and he saw the Spirit of God descending like a dove and lighting on him. Jesus was physically there, the Holy Spirit came down like a dove and God the Father spoke from heaven. There are more examples but that should give you the idea. Now as to Jesus being God, here are some examples of where He claimed to be God: The Jews knew that only God can forgive sins, so they understood what Jesus was saying when He healed the lame man and said: When Jesus saw their faith, he said to the paralytic, "Take heart, son; your sins are forgiven. When Moses saw the burning bush, and God talked to him and told him to go to Egypt, Moses asked who should he say sent him. This is what you are to say to the Israelites: I and the Father are one. For which of these do you stone me? No one but God could give this kind of authority. Not only did He claim to have the authority but He was able to give it to others, who were then able to use it. No prophet or good man could do this. Well I hope that helped.

**Chapter 8 : How an Atheist Found God - Why the Change - What Facts Led to Believing in God**

*How to believe in yourself: 3 beliefs to develop There are 3 beliefs in particular that are very important for you to have, in order to believe in yourself and become more self confident. Click on each belief about yourself to learn more about how it helps create greater self confidence, and why it makes sense to think it.*

The Doubt Series This is part of my series on doubt. You can see the whole series here. I wrote a whole book about doubt and the science of learning to love God again after losing your faith. Click here to learn more. Most doubt is healthy. The author who doubts his abilities works harder. The athlete who doubts his natural gifts will train with intensity to compete. Likewise, doubt can be good for our faith. The Christian who doubts their understanding of God will walk with humility and grace. Doubt can be a purifying force, challenging us and keeping us honest. Doubt can tower over us, an imposing darkness that makes us afraid to move. Failure and rejection can feed Doubt until it grows into a monster. Some of us have had doubt so powerful that God seems like a childish fairy tale. Even if God was once near, doubt can make God seem more than just far away. Doubt can make God imaginary. Some insights from science are helpful. For example, we know humans have a natural predisposition to believe in the supernatural. We also know God can be good for your brain. When I look at these stories through science, a three step path to walking with God through doubt emerges. Pretend Andrew Newberg is a neuroscientist who studies the brains of religious people. These scans tell us remarkable things about what happens in our brains when we pray. They also shed light on doubt. If you ask a believer to focus on God in prayer, the part of their brain responsible for attention and concentration becomes very active. Science tells us that the way humans understand God is more a feeling and experience than an idea or set of beliefs. There is no God in their brains. It turns out that some belief in God is vital for people to experience and know God. In some measurable way, you have to leap before you look. The Bible constantly extolls the virtues of faith and belief in things unseen. Anthropologist Tanya Lurhmann has found in her years of researching believers that there is a serious play aspect to modern faith. Modern believers get around that with elaborate play rituals that help them experience God Pray Few things are as neurologically beneficial as prayer and meditation. Studies have shown that daily prayer improves focus, concentration, and memory. Prayer can also reduce stress, control anger, and promote empathy. One of the easiest forms of meditation is cataphatic prayer, or talking to God. Of course, talking to God can be difficult for the doubting. It can seem silly and childish. Imagine God through mental imagery, and then pray to this imaginary God. It will seem silly at first, but it becomes natural with repetition. Prayer is most powerful in the context of a loving God and expansive ideas. Pray for your family, your community, and all of humanity. The more you pray for others, the more your brain will open to God. Over time, this will not only help God seem real, but will also help you view the world in a more loving way. Practice Your prefrontal cortex is the part of your brain responsible for analytical reasoning and decision making. The prefrontal cortex has the soul of an accountant. Our feelings come from deeper, older parts of the brain. Compassion and empathy are associated with the anterior cingulate cortex, while fear and anger are associated with the amygdala and other structures in the limbic system. When you think of your mom, different parts of your brain light up. Your experiences have conditioned your brain to respond to different ideas and memories with appropriate feelings. Your response to those feelings can recondition your brain to respond differently. Our brains carefully regulate how much energy is used at any one time. Now, think back to the prefrontal cortex, that accountant in our brains. One natural impulse is to analyze the situation and come up with a solution. At their best, marriages are about shared feelings and experiences. A marriage is not an idea or set of beliefs. A marriage is two people putting ideas and beliefs into action in a relationship. Our brains approach God in a similar manner. People wrestling with doubt tend to use analytical thinking. Human beliefs are driven by social identity as much as anything else. God will be more real to someone who spends time with people who believe God is real. Likewise, God is found in the work of faith: I feel closest to God when I sit with someone through hurt or grief, or when I encourage someone who is having a tough time. We so often think of God as some distant, cosmic entity. But I think the whole point of Christianity is that God was revealed in a weak, broken man. God showed himself to

the outcasts, and the losers. God chose the company of the people that leaders rejected. More than anything else, I find God with me when I address suffering of those on the outskirts of society. Most of this series has focused on pushing aside the objections skeptics have against belief in God. It has to be done—some space is needed to encounter God. I know that first hand. The key to walking with God through doubt is three steps: Pretend that God is real. Pray to God daily. Practice your faith in a spiritual community. God is waiting for us on the other side of consistent practices, and in our darkest places. I had to shatter before I could see God, but in that broken place He found me. It was worth it. May your brokenness reveal God to you, and may you and God make something beautiful from it.

## Chapter 9 : How To Believe In Yourself Again: 3 Easy Steps

*There was a long time when the lack of belief in myself was a major factor in my life. I didn't pursue an ideal career, or start my own business, because I didn't think I could. I didn't stick to habits because I didn't really believe I had the discipline. I was shy with girls, I had a hard.*

Hell, believe in Santa Clause. Believe in your dreams. Times when we meet with failure, defeat, fear, and insecurity. And when that happens, because we are so used to taking our sense of worth from the things we do, from our worldly successes and daily accomplishments, we inevitably start to doubt ourselves. We start to doubt our ability to make our dreams come true, we start to doubt our worth, we start to doubt the people around us and we start to doubt whether we will ever feel safe and secure in this world. How to Believe in Yourself Again 1. Make peace with where you are. We want it to be all right with you where anybody is. If you want to get out of this dark world you are now in, back to feeling safe, happy and secure, and back to believing in yourself, you first need to make peace with where you are, with how your life looks at this moment, and with everything that led to this situation. Only by doing so will you have the necessary power and energy to change your present life situation. So when you are given more than you can handle, give your pains, your struggles, your fears and all your worries to your Soul, your Self, to God and Life itself. Surrender and let go. Ask all from yourself. Put the past away. The past is in the past and should be left there. And you know why? Let go of what happened in the past, let go of any guilt, blame, and resentment you might be holding on to and allow yourself to move forward in life without that heavy burden on your shoulders. Let them all go. Stand guard at the gate of your mind. But once mastered, no one can help you as much, not even your father or your mother. The Sayings of the Buddha Be very careful with the thoughts you think and the words you speak. Thoughts have power, creative power, and if you let your mind wander wherever it pleases, it will continue to trick you into thinking that who you are is not enough " good enough, smart enough, beautiful enough, worthy enough, etc. Stand guard at the gate of your mind and discipline your mind to think only thoughts that are positive, uplifting and empowering and ignore all those thoughts that are meant to harm you. Put the comparisons aside. You are a unique individual with a unique path to walk in life, and the work you are meant to do in this world is yours and yours alone. Nobody can take it away from you, and nobody can do it better than you yourself can. So put the comparisons aside, and focus on what you gotta do. Walk the path you are meant to walk, at the speed, you were meant to walk, and forget about what others are doing. Ponder the path of your feet; then all your ways will be sure. Do not swerve to the right or to the left. Create your life from the present moment. You are born every second again and again and again. It is a constant rebirth a riverlike flow of rebirth. You are renewed, resurrected. Die to the past every moment so it is no more a hangup and is not a burden on your head and on your heart so that it does not hang like a rock around your neck. Go on dying to the past so you become more and more available to the present. So make sure you constantly create your life from a place of infinite choices and possibilities " the present moment, no longer from a place of fear, limitations and stagnant energy " the past. In each moment you are born again, free from your so-called mistakes and failures, and free from the heavy burden of your past. So make sure you constantly create your life from a place of infinite choices and possibilities the present moment and no longer from a place of fear, limitations and stagnant energy the past. Be a wise student. For you often learn more by being wrong for the right reasons than you do by being right for the wrong reasons. Learn from every experience and every interaction life sends your way, no matter if good or bad. There will be moments in life when you feel like giving up. No matter what happens, never give up on yourself. Never give up on your life. Keep on moving, no matter how slow, because eventually, you will reach the light and when you do, you will realize how much you grew and how much more powerful you have become. Let life guide you. So learn to relax. Let go of all your expectations about how things should be and about how your whole life should unfold, and allow life to surprise you. Allow life to guide you in the direction you are meant to go and not in the direction you think you should go, and by doing so, not only will you feel safer and more secure in this world, but you will also open yourself up to wonderful new experiences that you never even dreamed of

having. The ordinary man is always doing things, yet much more are left to be done. The kind man does something, yet something remains undone. The just man does something and leaves many things to be done. The moral man does something, and when no one responds he rolls up his sleeves and uses force.