

The Techniques of Faith

When we want to have faith or when we want to use faith there are three basic techniques we need:

- 1) Faith Focus
- 2) Faith Rest
- 3) Faith Execution

Telling yourself to have more faith without following these techniques is like a little league coach telling his players, “hit the ball, hit the ball!” but never teaching them the grip, the stance, the follow through, etc. Being told game after game, “You’ve got to hit the ball, son!” is not going to develop a great batting average.

Believers need to exercise faith in times of disaster but also, in times of success. This is because of the principle of distraction. Faith is lost anytime the believer reacts to life, loses focus on God’s promises and becomes distracted by the world. Any situation, good or bad, can be the bird hitting the windshield of our spiritual life. To flinch or react is natural.

Everyone reacts to situations in life. If a person of great faith smashes their finger with a hammer, do they feel the pain? Yes, everyone feels the pain. The difference is in how that person reacts to the pain. A person of faith should respond to situations by using the three techniques of effective faith. When life causes us to react and we find ourselves focused on the situation (good or bad) we need to use the first technique:

FAITH FOCUS. This is where you apply 1 Peter 5:7, “Cast all your anxiety on God” and focus on a promise such as “all things work together for good.” (Rm. 8:28) This step by itself is not faith any more than a good looking batting stance is a home run. The purpose of the faith focus technique is to reverse your concentration away from the distraction & toward God so that you can enter His rest.

FAITH REST is the second technique. By holding on to a promise of God you have cast your anxiety on God and are ready for Hebrews 4:10, “who enters God’s rest also rests from his own work.” In this place of faith rest you have peace in the midst of problems or success (“the worries of this

Life” or “the deceitfulness of wealth” Mt. 13:23). Here you rest from your “own work” (schemes, plans, etc.) and wait to hear God. If you remain frantic & distracted you cannot hear God.

David writes in Psalm 143 after having applied FAITH FOCUS in 143:5 (“I meditate on all your works”) and FAITH REST in 143:6 (“I spread out my hands to you. . . . Selah. . . Answer me quickly, O Lord”), he says, “Let the morning bring me word of your unfailing love, for I have put my trust in you. Show me the way I should go..” (143:8)

FAITH EXECUTION is what you do after God reveals his plan for you. You handle the situation God’s way. You heard his word while in the place of rest, now you are ready to emerge to fight the giant, flee to the mountains, build the ark, wait for the promise, or endure patiently in hope. You will have the strength to do whatever God wills because you are living in faith.

Promises:

- **James 1:5** - “If any of you lacks wisdom, you should ask God, who gives generously to all without finding fault, and it will be given to you.”
- **James 4:7** – “Submit yourselves, then, to God. Resist the devil, and he will flee from you.”
- **1 John 1:9** – “If we confess our sins, he is faithful and just and will forgive us our sins and purify us from all unrighteousness.”
- **John 3:36** – “Whoever believes in the Son has eternal life, but whoever rejects the Son will not see life, for God’s wrath remains on them.”
- **Isaiah 40:31** – “but those who hope in the Lord will renew their strength. They will soar on wings like eagles; they will run and not grow weary, they will walk and not be faint.”
- **Isaiah 41:13** – “For I am the Lord your God who takes hold of your right hand and says to you, Do not fear; I will help you.”
- **Philippians 4:19** – “My God will meet all your needs according to the riches of his glory in Christ Jesus.”
- **Psalms 23:4** – “Even though I walk through the darkest valley
- **Psalms 27:1** – “The Lord is my light and my salvation — whom shall I fear? The Lord is the stronghold of my life — of whom shall I be afraid?”
- **Psalms 34:17** – “The righteous cry out, and the Lord hears them; he delivers them from all their trouble.”
- **Psalms 50:15** – “Call on me in the day of trouble; I will deliver you, and you will honor me.”
- **Romans 8:28** – “And we know that in all things God works for the good of those who love him, who have been called according to his purpose.”
- **Philippians 4:6-7** – “Do not be anxious about anything, but in every situation, by prayer and petition, with thanksgiving, present your requests to God. And the peace of God, which transcends all understanding, will guard your hearts and your minds in Christ Jesus.”
- **James 1:17** – “Every good and perfect gift is from above, coming down from the Father of the heavenly lights, who does not change like shifting shadows.”

- **2 Corinthians 9:8** – “And God is able to bless you abundantly, so that in all things at all times, having all that you need, you will abound in every good work.”
- **Romans 8:32** – “He who did not spare his own Son, but gave him up for us all—how will he not also, along with him, graciously give us all things?”
- **John 10:10** – “The thief comes only to steal and kill and destroy; I have come that they may have life, and have it to the full.”

Keep these promises in context:

- Spoken to the Israelites that had been taken into captivity in Babylon and would never return home to Jerusalem again for 70 years . . . **Jeremiah 29:11** – “For I know the plans I have for you,” declares the Lord, “plans to prosper you and not to harm you, plans to give you hope and a future.”
- Spoken to Joshua when he became the leader of Israel right before they entered the Promised Land after Joshua had waited for 40 years and served Moses in the wilderness . . . **Joshua 1:9** – “Have I not commanded you? Be strong and courageous. Do not be afraid; do not be discouraged, for the Lord your God will be with you wherever you go.”
- Moses speaking to Joshua and all of Israel before he died . . . **Deuteronomy 31:8** – “The Lord himself goes before you and will be with you; he will never leave you nor forsake you. Do not be afraid; do not be discouraged.”