

10 Tips to Strengthen Your Faith

BY REV. PERCY MCCRAY



If you are in a cancer battle today, one of your greatest assets is your faith in God.

Faith in God can help you get through the battle, one day at a time. Your faith can equip you for the fight and give you strength for the journey. It can help you through the dark times, the hard times and even the impossible times.

Faith gives hope.

Faith can provide hope and assurance of God's love and blessing both in this life and the next.

Faith is a gift.

Your faith comes from our heavenly Father, who "has distributed a measure of faith to each person" (Romans 12:3).

Faith is potent.

Jesus said, "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).

A mustard seed is not very big; it is one of the smallest seeds. You do not need a huge amount of faith. You just need to stir up the gift of faith that God has placed within you.

Here are 10 tips to strengthen your faith.





1 Have confidence in what God gave you.

Faith is much more than a positive mental attitude. “Now faith is confidence in what we hope for and assurance about what we do not see” (Hebrews 11:1). Never doubt your faith. You possess it, but it came from Him. The Bible calls faith “the victory that has overcome the world” (1 John 5:4). Your faith is potent and powerful. It is more than enough to carry you through whatever this life brings you.

3 Learn more about your enemy.

Cancer may be a dreaded enemy, but in many instances, it is not as bad as its reputation. Sometimes, simply shining light into the darkness by learning more about the disease is enough to alleviate some of the fear and build up our faith. “Be alert and of sober mind,” 1 Peter 5:8 tells us. Having a calm, realistic and “sober” understanding of your enemy can help you fight the battle.

2 Reflect on the goodness of God.

The more we know about God, the more we will trust Him. Think about and meditate on the scriptures about God’s goodness and faithfulness.

- “The Lord, the Lord, the compassionate and gracious God, slow to anger, abounding in love and faithfulness, maintaining love to thousands, and forgiving wickedness, rebellion and sin” (Exodus 34:6-7).
- “You, Lord, are forgiving and good, abounding in love to all who call to you” (Psalm 86:5).
- “Give thanks to the Lord, for He is good; His love endures forever” (Psalm 106:1).

4 Listen to the testimonies of others.

When you hear about how God did wonderful things in the lives of others, it can encourage you to have hope as well. Talk to everyone you can and listen to more episodes of our podcast, *Health, Hope & Inspiration*. Our archives are jam-packed with past episodes that feature inspiring and faith-building conversations with ordinary people who talk about their unique experiences overcoming cancer.



5 Learn more about the recent advances in cancer research.

Every year brings new insights, new medicines and new techniques for the treatment of cancer—and we give God the glory for every victory! “Every good and perfect gift is from above, coming down from the Father of the heavenly lights” (James 1:17). Read what is happening in the news and medical journals and keep listening to *Health, Hope & Inspiration* for encouraging updates from doctors, naturopathic providers, dietitians and other wellness professionals.

7 Pursue intimacy with God.

“Draw near to God and He will draw near to you” (James 4:8). Our faith and trust in God cannot help but grow as we spend time in His presence through meditation and prayer. “Let us then approach God’s throne of grace with confidence, so that we may receive mercy and find grace to help us in our time of need” (Hebrews 4:16).

6 Stir up your faith.

In the same way that stirring the smoldering embers in a fire will reinvigorate the flames, we want to increase and invigorate our faith by doing what we know to do to stir it up. One simple way to stimulate faith is by regularly reading or listening to God’s Word. “So then faith comes by hearing, and hearing by the word of God” (Romans 10:17). You can also listen to good preaching and teaching. And find books written by people with powerful testimonies about what God has done.

8 Devote yourself to worship.

“Enter His gates with thanksgiving and His courts with praise; give thanks to Him and praise His name” (Psalm 100:4). We can also draw close to God through our worship as we acknowledge who He is and what He has done. King David reminds us that God inhabits the praises of His people (Psalm 22:3). The more we become worship-minded, the less we become fear-minded.

9 Memorize faith-building scriptures.

We want to learn from the Word of God by reading or listening to it. “Your word is a lamp for my feet, a light on my path” (Psalm 119:105). But we also want to internalize God’s Word by memorizing portions of it. Like the Psalmist, we want to hide God’s Word in our hearts (Psalm 119:11). Popular passages to memorize include whole chapters like Psalm 91 or Romans 8, and individual verses like Philippians 1:21 or Matthew 11:28-29.



10 Refresh your mind.

This may surprise you, but many life-affirming activities can feed your faith—“the joy of the Lord is your strength” (Nehemiah 8:10). Going outside for fresh air and spending time admiring God’s creation can help. Positive entertainment, including music, television and movies—especially comedy programs that make you laugh—can help refresh your mind and brighten your outlook. “A cheerful heart is good medicine” (Proverbs 17:22).

For the child of God, faith is more than a religious belief; it is a lifestyle. It is walking every day with trust in God’s love, faithfulness and plan for our lives. The more we allow our faith to grow, the stronger we become.

For we live by faith, not by sight.

2 CORINTHIANS 5:7



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An ordained minister, Rev. McCray is a member of the U.S. Chaplains Association. He has been recognized as one of the “most influential African Americans in Lake County (IL)” by the *Chicago People’s Voice* newspaper for his religious and leadership roles within the community.

Health, Hope & Inspiration is a weekly podcast, sponsored by Cancer Treatment Centers of America® (CTCA), designed to help people find answers to questions about cancer, cancer prevention and overall healthy living. One of the greatest gifts a person can enjoy is good health. A well-rounded lifestyle is the product of physical, emotional and spiritual health. These three things are interdependent, and that is the message of *Health, Hope & Inspiration*, as well as the basis of the integrative approach at CTCA®.

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