



## Resilience and Faith

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This very, very cold morning in Minnesota dawns brilliantly beautiful and sunny; the frozen lake is blanketed with glistening new fallen snow. I am warm and comfortable even as I know the air outside is biting cold, the icy walk is dangerously slippery and birds will be hidden in their nests today.

As I pause to reflect on the impact of understanding and living the principles, this scene is a fitting metaphor. This day my dear friend is burying her husband of 41 years; their last words after months of very serious decline were "I love you." She tells me her heart is breaking but that she knows she will also be okay. She realizes the power of a peaceful state of mind to guide her in the coming days and years.

This weekend another life is beginning anew. We celebrate the wedding of our daughter. Her early years as a very young teen single mom were a challenge in so many, many ways. Somehow her resilience and ever emerging, precious and so very essential guiding spirit led to this day of joy, peace and happiness.

How are these stories possible? Resilience has a lot to do with faith. We often get very confused about faith, even fearful of that word. But if we keep it simple, faith is an ordinary part of us. James Fowler explains faith as our way of leaning into life. (*Stages of Faith*, p. xii) For me faith is simply how we *put it together* in our heads for the long haul of life. Faith is internal to the person. My friend and daughter never lost sight of their own ability to navigate life and have hope in the future.

I think if we asked Syd Banks what he thought faith was, he would have talked about the *knowing* we all have access to when we quiet down. We frequently teach others about the importance of *trusting the unknown*. Because we can have faith in the principles I am certain life unfolds in a *good way*. Trusting spiritual wisdom, or if you prefer, the flow of common sense, makes a great difference. Jane Tucker, a student of Syd Banks, describes this perspective well (*Insights of the Spirit: Messages of Love*, p. 4):

### **Deeper Understanding**

"Everything happens for a reason."

When we go through pain and confusion  
It does no good to wonder  
about the "reason why"  
as we will never figure it out.

Only when we give up,  
and accept what we are feeling  
as evidence that we are human,  
will we begin to understand.

Deeper understanding is always the answer,  
and deeper understanding comes,  
not from the intellect,  
but from the Spirit.

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