



Over  
every  
mountain  
is a path,  
although  
it may not  
be seen  
from the  
valley.

Theodore Roethke  
(1908 - 1963)  
Poet

Many of us were raised hearing “if there’s a will, there’s a way.” This nod to hard work, privilege, and confidence was said to motivate us to be tenacious in finding a path through whatever we face. Perhaps it was also intended to ease fatigue or soften hopelessness.

Faith provides many options for hope.

Faith receives information from that which may be unseen but is experienced. Faith is tethered to reason, but it can be independent from proof. Faith is based on more than visible experience; it values our inner perception as another source of knowing. We form our beliefs in many diverse ways. We trust in our beliefs based on many different kinds of happenings.

Faith broadens our vision to see possibilities that we may have missed. Faith lures us forward by reminding us that there is always a bigger picture to consider. As we encounter awe, we see our lives in relation to community or nature or within the vision of the divine. From this greater perspective, we can discern options we may not have otherwise glimpsed.

Faith redefines our goals when the path we travel teaches us new wisdom. Fidelity to a goal that no longer aligns with our vision may distract us from a more important purpose. As we travel a path, we learn about the meaning of our path, and perhaps about a better outcome to seek. Faith reminds us to be humble with any human pursuit; in this humility, we might be open to flexibility and change.

Faith can stretch us, even as it defines us.

*In what or whom do I have faith? How has faith helped me to change directions?*