



Pearls from Day 10: Dispositions Part 1 – Faith and Trust as the Basis for Mental Prayer.

In worldly endeavors we recognize the importance of belief and envisioning success. If we don't believe in a cause, we won't fight for it. If we can't envision success, we won't achieve it.

In the spiritual realm this equates to the theological virtue of Faith. We have faith that God exists. We have faith that Christ died for us and won our salvation.

The theological virtues (faith, hope and love) are infused virtues. They are pure gifts from God. This is in contrast to the natural (or acquired) virtues. Particularly the Cardinal Virtues - prudence, justice, fortitude and temperance. It is within our *nature* to be able to *acquire* these virtues by our own actions. Faith, hope and love are *supernatural*, beyond our nature, and must be given us by God.

The enemies of faith are presumption and fear. Presumption is unwarranted feeling of righteousness and attitude that God is going to do exactly what we desire. The Pharisee praying in Temple and holding himself above the tax collector was presumptuous. Fear is doubt in God's loving providence. The Israelites doubting God at the Red Sea and wishing they were back in captivity is this type of fear.

For us to receive the gift of faith we must become small and let go of our effort to control our circumstances ("I must decrease that He might increase.").

Trust is a marvelous facet of the virtue of faith. Trust and beliefs are related but distinct. Trust, in fact, puts our beliefs to the test – do we really believe what we say we believe?

Trust is one of the virtues (like fortitude) that grows through tribulation (Rom 5:3-5 and CCC 2734). Our trust and faith grow when we prevail over adversity by the grace of God.

We must pray for more faith, "Lord, increase our faith!", and "Lord, I believe. Help me in my unbelief." and then put it into action "Jesus, I trust in you". In our mental prayer this is trusting that God is with us and doing His good work in our soul, regardless of whether we "feel" anything, so long as we just keep faithfully showing up and placing ourselves in his loving care