

How to Stay in Faith

Read, Feed, Believe
and
Say It Is So

This teaching shows that staying in faith is done by keeping your heart anchored in the Word—reading what Jesus has done, feeding your spirit on His truth, believing it with your heart, and declaring it boldly over your life. When you read, feed, believe, and say it is so, you stay rooted in Jesus and walk in the victory He already finished for you.



MUSTARD SEED
BOOKLETS

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How to Stay in Faith

Read-Feed-Believe, & Say It Is So!

To stay in faith, we must align our spirit with the simplicity of God's Word. We stand firm by looking into the scripture to see what Jesus has done, feeding our heart continuously on His truth, engaging our faith deep within our spirit, and declaring His finished work over every circumstance. By reading, feeding, believing, and saying it is so, we keep our hearts strong, our words aligned with victory, and our lives rooted in Him.

Section 1: Read & Feed

Looking into the Word and Nourishing Your Spirit

Read: Look into the Mirror of the Word

We stand in faith by reading what the Word of God says Jesus has done for us. You have to open up the scriptures and put your eyes on the text. This is called looking into the mirror of the Word. Liberty is given to us as we look into this mirror to see who we are and what we have in Him.

James 1:23–25 “For if anyone is a hearer of the word and not a doer, he is like a man observing his natural face in a mirror; for he observes himself, goes away, and immediately forgets what manner of man he was. But he who looks into the perfect law of liberty and continues in it, and is not a forgetful hearer but a doer of the work, this one will be blessed in what he does.”

As we fix our eyes on the mirror of truth, we keep our focus entirely on Jesus and what He has accomplished.

Hebrews 12:2 “...looking unto Jesus, the author and finisher of our faith, who for the joy that was set before Him endured the cross, despising the shame, and has sat down at the right hand of the throne of God.”

Feed: Meditate & Nourish Your Spirit

We feed on the words of life—meaning the words concerning Jesus and who He is always. We do this by listening to good teachings that build us up in who we are and what we have in Him, giving us practical application. This is called meditating on the Word. Just like the physical body needs good natural food, our spirit must be nourished continuously. Everyone should have what I call "Faith scriptures" those scriptures that really touch your heart, move you, and make you want to worship God—snacking on them throughout the day.

Scripture promises that when we meditate on the Word, we will have good success.

Joshua 1:8 “This Book of the Law shall not depart from your mouth, but you shall meditate in it day and night, that you may observe to do according to all that is written in it. For then you will make your way prosperous, and then you will have good success.”

When we meditate, we get nourishment in our spirit and become firmly planted like a tree by the water.

Psalms 1:1–3 “Blessed is the man who walks not in the counsel of the ungodly, nor stands in the path of sinners, nor sits in the seat of the scornful; but his delight is in the law of the Lord, and in His law he meditates day and night. He shall be like a tree planted by the rivers of water, that brings forth its fruit in its season, whose leaf also shall not wither; and whatever he does shall prosper.”

Faith is of our spirit, not of our head or intellect, and that spiritual faith grows as we hear the Word.

Romans 10:17 “So then faith comes by hearing, and hearing by the word of God.”

We must cut out distractions like watching TV before bed and instead take advantage of that time to feed and meditate on the Word. When we do this, keeps our heart open to hear God and wake up with what I call spiritual downloads. We will wake up with Spiritual understanding, wisdom and strength for the next day.

Section 2: Believe By Engaging Your Heart, Not Just Your Head

We wrap our heart around the reality of what the Word says we are and have in Christ Jesus. It must be in our heart, trusting what it says concerning us and what Jesus has done for us.

Romans 10:10 “For with the heart one believes unto righteousness, and with the mouth confession is made unto salvation.”

Faith is not head knowledge or human reasoning; it requires trusting Him beyond our own understanding.

Proverbs 3:5–6 “Trust in the Lord with all your heart, and lean not on your own understanding; in all your ways acknowledge Him, and He shall direct your paths.”

We must guard our heart above all else, keeping His words in the midst of our heart so they produce life.

Proverbs 4:20–23 “My son, give attention to my words; incline your ear to my sayings. Do not let them depart from your eyes; keep them in the midst of your heart; for they are life to those who find them, and health to all their flesh. Keep your heart with all diligence, for out of it spring the issues of life.”

Section 3: Say It Is So Declaring Truth Over Your Circumstances

Say It Is So: Declare & Give Thanks

Tell God thank you, declaring His Word is so in our lives, speaking to ourselves, and speaking directly to our circumstances and situations. When your heart is full of faith, His Word comes out of your mouth when trials come instead of problems. We will speak Jesus to our mountains. We will speak about what Jesus has done for us, who we are in Jesus, and what Jesus has provided for us directly to our mountains—the mountains of sickness, disease, poverty, or whatever it might be. We speak what Jesus has done for us directly to those mountains.

Luke 6:45 “A good man out of the good treasure of his heart brings forth good; and an evil man out of the evil treasure of his heart brings forth evil. For out of the abundance of the heart his mouth speaks.”

Jesus made it clear that we are to speak directly to the mountain in faith.

Mark 11:23 “For assuredly, I say to you, whoever says to this mountain, ‘Be removed and be cast into the sea,’ and does not doubt in his heart, but believes that those things he says will be done, he will have whatever he says.”

We speak because we believe, operating in the same spirit of faith.

2 Corinthians 4:13 “And since we have the same spirit of faith, according to what is written, ‘I believed and therefore I spoke,’ we also believe and therefore speak...”

We thank God for what is already done, agreeing with His promises.

2 Corinthians 1:20 “For all the promises of God in Him are Yes, and in Him Amen, to the glory of God through us.”

This is the simplicity of it. Adding anything, is going to complicate the simplicity of it, and will create self deception. But you become a doer of the Word by reading, believing, feeding on the Word, and saying that it is so.

Amen.