RENEW YOUR FAITH

Week #2 of a 3-Week Series, "Ignite Your Spirit"
(Rekindling the Theme That Has Guided Our Year
Wednesday, Nov. 11, 2026
With Rev. Stacy Macris Ros

Last week, Rev. Richard Maraj focused on remembering that you have that fire of God – of Spirit – within you, and that you can ignite your divine potential as a spiritual being, an expression of the Divine, at any time. It's just about remembering that.

And tonight, I'm going to be focusing on igniting our faith. And, in particular, when we are really stuck in a challenge or we have a big challenge before us, and how do we ignite our faith during those most challenging of times.

You know, the word "faith" appears 378 times in the Bible. Did you know that? Would you have won that trivia question -- 378 times?!?

Now, traditionally, the word "faith" is thought of as having a belief in God or a god, or religious doctrine or complete trust in someone on the outside who's making life happen. In Unity, we teach faith as a spiritual quality that's within us that we can draw upon. And it's our ability to know, to believe, to intuit the invisible before it manifests in the physical. It's our ability to believe even when we can't yet see the results. It's that soul-level affirmation of what is possible, even when on the outside it may look impossible.

And I also think of faith as really surrendering and learning to trust in the very fabric of the Universe and that it has your best interest at heart. To absolutely know that the Universe is not working against you, but for you and with you. And, again, to know that not just intellectually, but at a deep level.

So, how can we ignite or reignite our faith, particularly when life has challenges? Because life will challenge us sometimes, won't it? So how do we ignite our faith then? So, I thought we could look at the stories of Job and Peter in the Bible, because they're both two very different stories about faith.

So, the story of Job. You know, Job was this good, faith-filled man who loved God. He lived in integrity. He was blessed in every sense of the word. He had a large family. He had wealth. He had good health. He had everything someone might wish for. And then his faith is put to a test.

And so, in the story, Satan challenges Job's faith because he suggests that Job has a lot of faith because he has this great life, and so that's why it's easy for Job to love and trust God, because he's got all the blessings of life. So God -- again, according to the story in the Bible -- allows Job to be tested. And suddenly Job loses nearly everything. He loses his wealth, his large family, his children, and eventually even his health. He gets sores all over his body.

And yet, despite all these devastating losses, Job refuses to turn away from God. He grieves. He struggles. He questions. He continues to wrestle with his faith. Has anyone been there when you're in a big challenge and you're wrestling with your faith?

Yeah, I have been there, too. As I've shared in the past, I had a pretty big health challenge starting at the end of 2016. It was this undiagnosed shingles that presented like fibromyalgia. And then I had a spinal tap that caused excruciating pain every time I sat down. So, I have been there where it's this dark night of the soul. And you really … I was wrestling with my faith, even having grown up in Unity.

And this, I find, is the most interesting part of Job's story. Because he doesn't just simply accept everything quietly. He expresses anger. He expresses sadness, frustration, confusion throughout his story, throughout all this devastating loss. He questions why this is happening to him. He wants answers.

I've been there, too! How many of you have been there? When something, you're going through something, you're like, *"Why me? Why is it happening to me? I'm a good person!"* Yeah; we start to question.

And at one point, of course, friends step in. So, Job's friends, he's got three friends that come to comfort him. And instead of supporting him, they start suggesting, *"Well, it must be something you've done wrong. You must deserve this suffering."* Of course, if you've been here long enough, you know I call this metaphysical malpractice, right?

And I've had this, as well. I had it at that time as well. *"Well, apparently you don't really want to get healthy." "Apparently you don't really want to heal." "Well, I guess you're not really focusing hard enough on your healing."* Right? That's called the metaphysical malpractice.

So, Job disagrees with his friends, because he says, *"No, I've done my part. I've lived a good and faithful life."* So, next he goes to God and he questions God. And God responds and says, *"Hey, Job, remember: the wisdom and workings of the Universe are far greater than what the human mind can understand."*

Or as I've said in the past, sometimes life just is. Sometimes life just happens.

And this actually allows Job to find a deeper understanding of faith. Eventually he comes to recognize that faith isn't about having all the answers or understanding why everything is happening. And I kind of covered that a couple weeks ago on a Sunday with the "Ask the Minister." One of the questions was: Why do bad things happen to good people?

So, again, my reminder here is that we can get really caught up in the why: Why is this happening? But it just keeps us stuck. It just keeps us in suffering. Really, it's about recognizing that there's something greater than our limited human perspective can maybe understand. But faith is knowing that you're supported by a loving Presence; that the universe does, indeed, have your back.

And in the end of Job's story, by holding on to his faith throughout all the hardships, all of his fortunes are restored. He's blessed with renewed abundance, family. He lives to be 140 years old. Do all of us wish to be 140 years old? I don't know. To really make the point there.

So, there's a few real great spiritual lessons from this story of Job. You know, that faith isn't dependent on circumstances. It's really easy to trust the Divine when life is going well. We can have a lot of faith when life is going well. The real test of faith comes when life becomes difficult, when things don't go as planned, or when we experience loss and disappointment.

So, the first lesson that we can get from Job's story is that, by igniting our faith -- **it's important through the ups and downs of life that we stay faith-filled so in those times that we are tested, we've got plenty of faith still in our gas tank**, if you will -- right? -- within us to keep going.

I think another takeaway from Job's story is that **we don't always understand why things happen.** Sometimes life just brings these challenges that seem unfair or undeserved, and we may never understand why. But we can choose to remain open to and look for Presence, wisdom. The miracles that will show themselves throughout the journey.

And Job shows **resilience**. He keeps drawing upon his inner spiritual strength to persevere even through those dark days. And we, too -- what a great reminder. We, too, can draw upon our spiritual strength to help us keep moving forward during times of hardship and challenges.

And I think another great takeaway from his story is that **it's okay to question, to grieve, to struggle.** Job teaches us that having faith doesn't mean we never experience doubt or anger or sadness or frustration. That we can do both. We can express and share our honest feelings, and we can still maintain our spiritual connection.

We also learn in this story that **faith is not about control. It's about trust.** We can't control everything that happens to us in our lives. But we can cultivate trust in something greater than ourselves and choose: How do I want to respond to life's challenges.

And, again, faith may not prevent suffering or hardships in life. But faith can give us that spiritual strength when we need it and that renewed sense of hope. So, there's a great reminder here.

Also, as I mentioned, **not to judge someone else's journey**. So, Job's friends assumed his suffering was the result of something he had done. But his story reminds us not to make assumptions about another person's circumstances. Or suggest that their hardships are somehow something that they've manifested. Or to teach them a lesson.

They may, on the other side of the challenge, find a lesson in it. There's always an opportunity for us to grow spiritually from situations, but challenges are not there because the Universe or God is teaching us something or because we weren't good Unity students. There can be an opportunity, but not intention.

So, the story of Job reminds us that we can discover that spiritual growth through adversity. That **difficult experiences can actually deepen our faith, expand our awareness, help us discover the inner strength and resilience that maybe we didn't even realize we had**, that we possessed.

You know, after my own health challenge, my own spiritual understanding was deepened, and it changed the way that I even present and share Unity teachings. Much different than before.

Faith and strength -- the spiritual strength -- they go hand in hand. And so, we can persevere like Job did. What I learned, what Job learned, is that what looks to be impossible is possible. That we can endure and come out on the other side of a challenge with faith and hope.

And having faith also means to make sure that we **remember to listen to that still inner voice.** Because remember: part of faith is that intuition. So, to intuit: What is the highest and best choice for me in this situation? And to get quiet and to listen and then to trust the answer.

And I think this is where we meet Peter. So, Peter is the disciple associated with faith. In Unity, we have 12 spiritual powers or abilities that we teach, and each one is connected to a disciple. And so, Peter's the disciple associated with faith.

Now, originally, before he meets Jesus, he's named Simon, which means “God has heard” or “to be receptive to God.” And so, when Jesus felt that Simon had become receptive and strong and unwavering in his own faith, that's when Jesus changes Simon's name to Peter.

The Greek meaning of the name Peter is strong, firm, unyielding like a rock. Of course, it's Peter that declares that Jesus was the Messiah or the anointed one. And then Jesus then refers to Peter as Peter and says that this is Peter's declaration of Jesus. And then that he's the rock that Jesus would build his church or his faith upon.

And yet, Peter represents faith in all the various stages of development. So sometimes we have a lot of faith, and sometimes we don't have as much faith. So occasionally, Jesus would still go back and call Peter Simon, when Peter acted like his old self. When he wasn't acting like Peter, the rock of faith, that he had shown before, then Jesus would start using his old name, Simon.

So, **we can ignite our spirit of faith by staying unwavering and to know that everything is working out for our soul's highest and best.** To keep ourselves faith-filled and on solid ground. Not on quicksand, but on a rock of solid ground.

And, of course, there's also the story of Peter when Jesus walks on water. So, Jesus has just spoken to a crowd of people. He goes to the mountaintop to pray, and then he sends his disciples in a boat ahead of him. And a storm comes up, and they're in distress. And so, Jesus walks on the water to them. And they're afraid.

But Peter says, *"Well, if it's you, Jesus, then let me walk to you."* And so, Peter takes a couple of steps. And then he looks at the swirling waves, and he begins to drown.

And then Jesus reaches out his hand and asks, *"Why do you have no faith?"*

So, sometimes we may start out faith-filled. And then we look at the challenge that's before us, and it looks like we're going to get swallowed up by the swirling waters of fear that we have, whatever that may be: a health issue, relationship conflicts, work insecurity, Those big waves of life. And we forget to trust that inner divine voice -- our Christ nature -- to trust and have faith.

So, like Peter, we get distracted by our hardships. We go through those dark-night-of-the-soul moments. We lose our faith and forget to listen to that divine presence within. And it's in those moments that we also forget that we, too, are the anointed ones -- that we are divine expressions. -- and to reach out our hand in faith towards the situation.

There's a common saying. It says, *"There's not enough room in your mind for both worry and faith. You must decide which one gets to live there."* There's not enough room in your mind for both worry and faith. You must decide which one gets to live there.

So, for Peter, on the water, he starts in faith. And then he lets his fear drown him. Many times also we may put our faith in outside things -- in people, work, organizations -- and sometimes we need to. But more importantly, again, we can get quiet. We can keep our focus on that Christ nature within us. Immerse ourselves in peace and faith. And to move forward with confidence and that spiritual strength, so that that faith in the outside world has come from a place of inner faith: faith from within that's now reflected on the outside.

So how do we apply both these stories to our lives? I think we start by asking: Where am I putting my faith today? In fear or faith? In worry or in peace?

So, just thinking about for a moment an area in your life right now that's maybe particularly challenging. And then asking yourself: What beliefs do I have around this? And are they spiritually true? How would my Higher Power or God see this? What faith do I want to develop around this? Or what beliefs do I want to develop around this?

I mean, it can be as simple as, *"Oh, I can't dance."* And that can be turned into a new thought of, *"I have faith that at any age I can learn a new skill."* It can be a simple shift in our consciousness and in our thinking.

But it's about: Where do I want to apply my faith? How do I want to apply my faith? And then let faith, not fear, guide you. And that becomes the affirmation: *"I let faith, not fear, guide me."*

"I let faith not fear guide me."

Let's say that together: [with congregants] *"I let faith, not fear, guide me."*

Yeah, now whisper to yourself: [with congregants] *"I let faith, not fear, guide me."*

See, faith gives us courage to persevere without knowing the ultimate outcome.

So, to ignite more faith within you this week -- starting tonight -- take a moment to ask yourself: How can I ignite more faith, more spiritual strength within myself and in my life starting right now? What am I presently placing my faith in? Is it peace or is it worry? Is it faith or is it fear? And what do I want to place my faith in?

Faith is more than an intellectual belief in God or a spiritual concept we embrace. It's an inner knowing. It's an inner knowing that we can lean into when life becomes uncertain.

Job's story reminds us to remain faithful, even when we simply don't understand what's happening, or when we face unexpected challenges that suddenly pop up in our lives. We can allow our circumstances to determine our faith, or we can turn inward and remember the presence of God is always within us.

And Peter's journey shows us that, even when our faith falters, we can find the courage to rise again. We can choose the hand of faith over the vision of doubt.

So, faith isn't about knowing exactly how everything will work out. It's about trusting that whatever life brings, we can meet it from a place of faith, of strength, and connection with Spirit. Both Job and Peter remind us that faith is something we continually grow into; that we continually strengthen and ignite throughout our lives.

So, that's your invitation for you, my friends, to keep your focus strong on faith and to ignite that faith that already lives within each of you. That's my blessings for you, as well.

Thank you.

Copyright 2026 Unity of Phoenix Spiritual Center/Rev. Stacy Macris Ros