

# Living with Soul



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## Faith, Hope and Love

### **These Three Abide...**

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I read quite extensively, and I use quotes from many sources. Today's beautiful passage is from Corinthians. It is often used at weddings and in other ceremonies:

*Now faith, hope, and love abide, these three; but the greatest of these is love.*

There's no doubt that each of these virtues — faith, hope, and love — has great value. Let's look at them individually to see what we can learn from them.

If we use the popular metaphor of a race to describe life, then I would say that hope is the belief in the finish line and faith is the running.

It is vital that we have hope, that we believe in our goal, whatever it is - improved health, more abundance, greater harmony with others, a happier tomorrow. Otherwise we experience despair and hopelessness, which rob us of our health and happiness. Hope is essential to a well-lived life.

And faith is the belief that our legs will hold us up in the race, that we will not fall, that we will make it. Faith keeps us moving forward to the goals we have for a better future.

Hope and faith allow us to keep running the race, they keep us on course. Whether your finish line reflects your personal goals or your wish for a better world, let your hope stay constant and let your faith bring you home.

### **The Greatest of These is Love**

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We're all running this race, and wouldn't you rather experience it as easy and joyful? That's what love allows us to do.

Again, from Corinthians:

*Love is patient, love is kind. It does not envy, it does not boast, it is not proud. It does not dishonor others, it is not self-seeking, it is not easily angered, it keeps no record of wrongs. Love does not delight in evil but rejoices with the truth. It always protects, always trusts, always hopes, always perseveres.*

This is such a stunning passage! It tells us how to experience life – with patience, kindness and forgiveness. Can you imagine a more glorious sojourn?

Love is the greatest power! I have seen miraculous healing result from the loving presence of people in a room. Love also heals relationships. Even when our anger is great, and we feel justified in it, it insidiously disrupts the peace in our lives. When we let love into our hearts we find the capacity for forgiveness, and harmony results.

We can find this love through prayer and meditation, asking our Higher Power or Spirit to let love transform all circumstances. Our request will be answered, always.

Run the race of life with faith, hope and love. Your journey will be joyful and you will infect the world around you in wondrous and beautiful ways. You will be the change you want to see!

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