

What is faith?

Faith is ... trust.

When you **put your faith in** a colleague, friend or neighbour you rely on them - despite you not being in control of them. You simply trust they'll do what's needed.

Being faithful to your partner means sticking with them - even though you do not know what the future brings.

Being faithful means **depending** on them as much as **supporting** them. It's got nothing to do with being in control, nor with being controlled; faith is **free trust**.

Faith does not take guarantees, even mentioning a contract is lack of trust. Faith is trusting freely.

Being faithful **takes action for another** - without the safety of getting it back.

In faith we **extend ourselves into the unknown, into the future;**
the 'leap of faith'.

We **extend our lives and relationships** - without knowledge, without control.

"Faith is stretching your hand out into the dark ... and finding it held"
someone said.

It is no different with God.

All the above applies.

Simply trust.

Leap into faith, find surprise hope and love.