

# Two Kinds of False Faith

*Faith can support life, but for many people, "faith" is false and negative, and that can keep them trapped in a depressing life. Here's how:*

## 1. Mere Belief

*Mere belief is when we "believe" things, but don't truly know and accept them. The inconsistency shows up in what we do and how we feel. Some common examples of mere belief:*

- Many people say, "God is Love, God is good," but then fear God, resent Him, and even call Him *cruel*. Surely true faith is not so fickle.
- Some people believe, "God is everywhere," but still act like God is nowhere near! Is that consistent?
- Many people say, "I'm a child of God," but still feel insecure and weak. Surely a child of God has good reason to feel confident and strong!
- I say I believe in love and in my partner, but I feel and act distrustful and self-protective. In that case, my faith in love is actually *weak*.

## 2. False Faith

*False faith means investing belief (or faith) in illusions, inaccuracies, or falsehoods. For example:*

- "Only people of my religion will be saved."
- "Love stinks. Selfishness is necessary."
- "All men are pigs." "You can't trust women."
- "I'm a terrible person."

### CAUSES of False Faith

- **REJECTING** what your heart *knows*, and believing something else instead.
- **IGNORING** what you naturally *feel*, and talking yourself into feeling something else. "I don't love him." "There's no such thing as love."
- **SUPPRESSING/DENYING** who you *are*, and believing in and being someone you're *not*. Thinking and acting like someone else.

May you all believe  
what you know is true.