

Unshakeable Living: Unshakeable Faith

Seeing Beyond What You Feel

Week 3 of 3 | Presented by Kenneth Allen Thomas, Founder of The
Unshakeable Method - <https://weareunshakeablepeople.base44.app/>

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Ministries



Your Faith Is Your Framework

Faith is the lens through which you interpret life. It shapes how you see challenges, opportunities, and your own identity. The interpretation you choose determines your emotions, behaviors, and ultimately, the story you live.

When faith becomes your framework, it transforms how you process experiences. You begin to see setbacks as setups, obstacles as invitations, and uncertainty as sacred ground for growth.

Challenging question: "What story have you been telling yourself—and is it the story you want to live?"



Inner Life + Outer Life Must Agree



Misalignment Creates Chaos

When your values and actions don't match, you experience anxiety, frustration, and deep confusion about who you really are.



Alignment Creates Clarity

When your inner beliefs and outer behaviors agree, you experience peace, confidence, and purposeful direction.



Integration, Not Compartments

Mature faith isn't divided into Sunday faith and Monday living—it's woven into every moment of your life.

 **Reflection question:** Where do your values and actions need reconciliation? What one area is calling for greater alignment?

Your Confidence Is Visible

Faith isn't just something you believe—it's something you *wear*. It shows up in your posture, your tone of voice, your presence in a room, and the peace that radiates from you even in difficult moments.



People See Your Faith First

Before they hear your words, they witness your composure, kindness, and the way you carry yourself through storms.



Light Attracts Seekers

Your peace becomes a beacon for those searching for hope. They may not know what draws them to you, but they feel it.



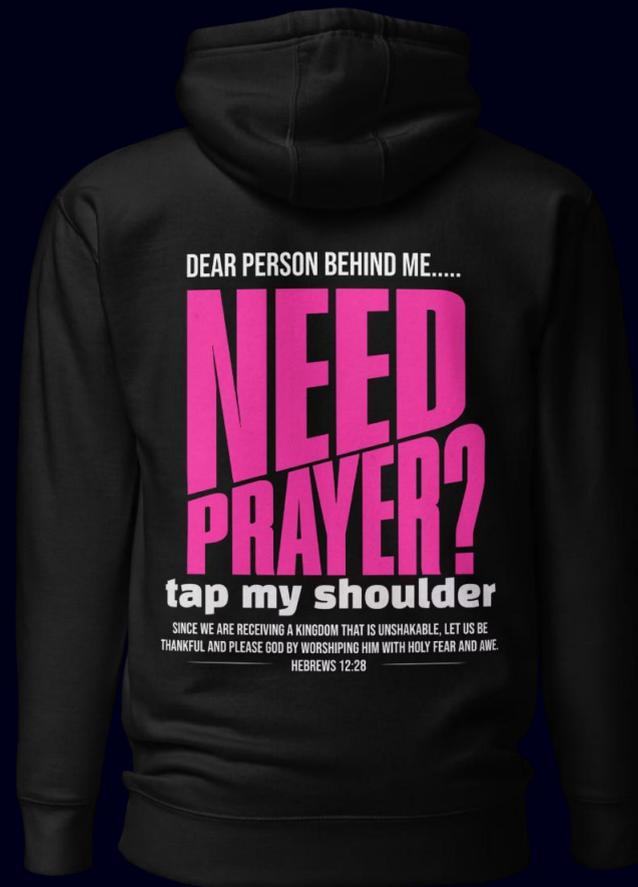
Weight Dims the Light

Losing faith often comes from carrying too much weight alone—burdens were never meant to be carried in isolation.

"If faith is something you wear... what have you been wearing lately?"

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Your Faith Is Visible: Two Real Moments



The Shirt That Saved a Life

A simple shirt with the words "Dear Person Behind Me... Need Prayer?" caught Avery's mother's attention in a checkout line. She asked for prayer for her 11-year-old son. That conversation became a lifeline—and ultimately saved that boy's life.

The lesson: Sometimes your faith isn't meant to be loud. It just needs to be visible.



One Sentence, Heavy Lifted

When Marcus felt weighed down by despair, one sentence from a friend shifted everything: "You're stronger than this moment." When Josie carried guilt she couldn't shake, a gentle reminder lifted it: "Grace is bigger than your past."

The lesson: Sometimes the strongest ministry is not a sermon—it's a sentence spoken at the right time.



The Spiritual Science of Not Quitting



Resilience vs. Endurance

Resilience gets you through the moment—the sudden storm, the unexpected blow. Endurance gets you through the mission—the long journey where progress feels invisible.



Consistency Over Motivation

Long-term consistency will always outperform short-term motivation. Show up even when inspiration doesn't. That's where transformation happens.



Purpose as Fuel

Purpose gives you fuel that pain cannot take away. When you know your "why," you can endure almost any "how."

 **Challenge:** What battle did you outlast simply because you refused to quit? What kept you going when everything in you wanted to stop?



Legacy Is What You Leave *Within*

Legacy is not what you leave behind when you're gone—it's what you leave *within* people while you're here. The wisdom you share becomes someone else's survival guide. Your example becomes their blueprint.

- The faith you live becomes their inheritance
- The courage you model becomes their permission to be brave
- The integrity you demonstrate becomes their standard

"If someone followed your example, what kind of leader would they become?"

Partner Exercise: The Alignment Check

1

Partner A Shares Alignment

Identify one area of life where you feel genuinely aligned—where your values and actions match beautifully.

2

Partner B Reflects Strength

Complete this sentence: "The strength I hear in you is..." Name the quality you observe in their alignment.

3

Partner A Names Misalignment

Now share one area where alignment feels off—where there's tension between what you value and how you're living.

4

Partner B Asks the Question

"What small step could realign this?" Help them identify one micro-adjustment that could bring greater harmony.

Purpose: To help participants identify alignment and discover practical micro-adjustments that create lasting change.



Partner Exercise: The Legacy Letter



Write Your Legacy Statement

Complete this sentence in 3–4 sentences:
"When people speak of me years from now,
I hope they say..."



Share With Your Partner

Read your legacy statement aloud to your
partner. Let them hear your heart and your
highest hopes.



Affirm One Strength

Listener: Name one strength you genuinely believe reflects who this person already is.
Help them see what's already true.



Purpose: To solidify identity, clarify intention, and recognize the impact you're already creating. Your legacy isn't someday—it's forming right now.

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The 5 Pillars of The Unshakeable Method

Transformation

"Growth begins where comfort ends."

Resilience

"Strength grows under pressure."

Relationships

"Connection is the heartbeat of life."

Communication

"Understanding matters more than agreement."

Faith

"Your light is your legacy."

"Your life may be the only sermon someone hears—what message is it preaching?"

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Connect & Support Our Mission

Get in Touch

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Your partnership helps us extend our reach and deepen our impact. We're dedicated to empowering individuals and families with unshakeable faith and resilience.



Bless a Family Today

Scan the QR code to help us bless 100 families with **Kristian's Unshakeable Resilience Box**. Each box provides essential tools and encouragement to navigate life's challenges with strength and hope.

