



# THE "F" FACTOR

FIVE STEPS TO KEEPING YOUR FAITH

BY KAREN JETHROE

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## **THE “F” FACTOR**

### ***Five Steps to Keeping Your Faith***

**2 Timothy 4:7**

***King James Version (KJV)***

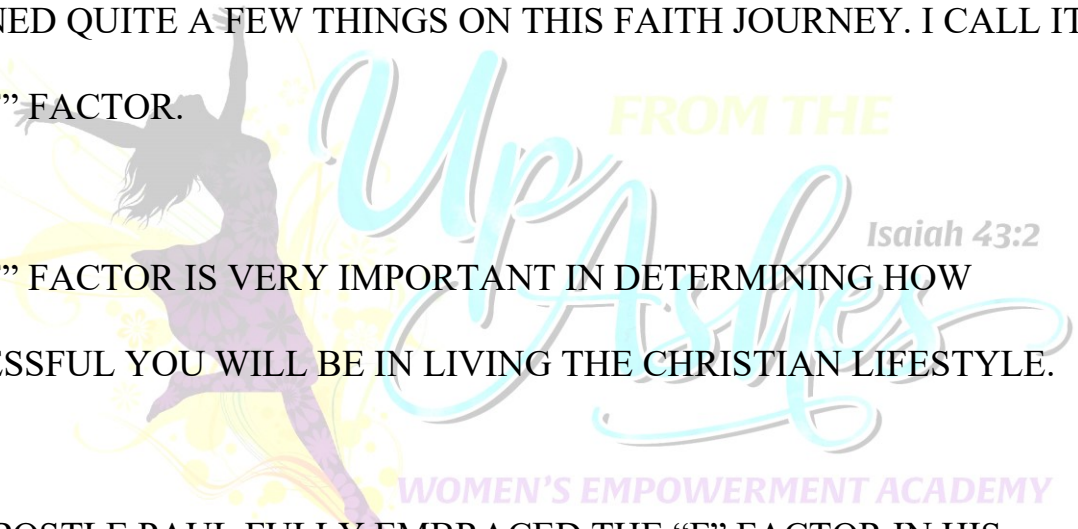
***7I have fought a good fight, I have finished my course, I have kept the faith:***

I HAVE BEEN BORN AGAIN SINCE 1969. SINCE THAT TIME, I HAVE LEARNED QUITE A FEW THINGS ON THIS FAITH JOURNEY. I CALL IT THE “F” FACTOR.

THE “F” FACTOR IS VERY IMPORTANT IN DETERMINING HOW SUCCESSFUL YOU WILL BE IN LIVING THE CHRISTIAN LIFESTYLE.

THE APOSTLE PAUL FULLY EMBRACED THE “F” FACTOR IN HIS CHRISTIAN WALK WHICH IS HOW HE WAS ABLE TO SAY IN THE END...***I HAVE FOUGHT THE GOOD FIGHT, I HAVE FINISHED MY COURSE; I HAVE KEPT THE FAITH!***

IN THIS STATEMENT HE IS TESTIFYING FOR HIMSELF.



HE IS MAKING HIS OWN DECREE AND DECLARATION ABOUT HIS WALK OF SALVATION, TRANSFORMATION, AND MATURATION.

NOW HE IS EXPECTING CELEBRATION.

*2 Timothy 4:6;8*

*<sup>6</sup>For I am now ready to be offered, and the time of my departure is at hand.*

*<sup>7</sup>I have fought a good fight, I have finished my course, I have kept the faith:*

*<sup>8</sup>Henceforth there is laid up for me a crown of righteousness, which the Lord, the righteous judge, shall give me at that day: and not to me only, but unto all them also that love his appearing.*

Isaiah 43:2

SO, WHAT ABOUT YOU?

HAVE YOU THOUGHT ABOUT THE “F” FACTOR AND WHAT AFFECT IT IS HAVING ON YOUR KINGDOM WALK?

LET’S BEGIN BY LOOKING AT ONE OF THE DEFINITIONS.

**FACTOR:**

- 1. One that actively contributes to an accomplishment, result, or process:**
- 2. One of the elements contributing to a particular result or situation:**

THIS CHRISTIAN WALK IS A PROCESS.

DEVELOPING A KINGDOM MINDSET IN EVERY ASPECT OF YOUR LIFE IS A PROCESS THAT SHOULD RESULT IN KINGDOM ACCOMPLISHMENTS ON AN ONGOING BASIS.

BUT IN ORDER FOR THAT TO HAPPEN, YOU MUST BE AWARE OF THE “F” FACTOR.

YOU MUST KNOW HOW TO AVOID SOMETHINGS AND HOW TO EXPECT SOME THINGS.

YOU ALSO HAVE TO KNOW HOW TO ACCEPT SOME THINGS.

THERE ARE TIMES WHEN YOU WILL HAVE TO HOLD TIGHT TO SOME THINGS AND OTHER TIMES WHEN YOU WILL HAVE TO LET SOME THINGS GO.

IN ORDER TO MAKE THE RIGHT DECISION AT THE RIGHT TIME YOU WILL HAVE TO FACTOR SOME THINGS INTO THE EQUATION TO GET THE RESULTS THAT YOU ARE AIMING FOR.

LET’S LOOK AT THE DEFINITION OF *FACTOR*:

factor in / into, **to include as an essential element, especially in forecasting or planning**



1. THE FIRST “F” FACTOR THAT WE NEED TO EMBRACE IS THE  
FACT THAT WE ARE **FOLLOWERS** OF JESUS CHRIST.

JESUS EXEMPLIFIED THE KINGDOM LIFESTYLE IN THE EARTH AS HE  
WAS WALKING AS GOD WRAPPED IN MAN.

WHEN YOU BECOME BORN AGAIN IT IS THE BEGINNING OF YOUR  
KINGDOM EXPERIENCE. THE SPIRIT OF GOD LIVES IN YOU.

JESUS SHOWED US HOW TO LIVE AS **FOLLOWERS** AND KINGDOM  
REPRESENTATIVES IN THE EARTH.

SADLY, SO MANY BORN AGAIN BELIEVERS HAVE NOT HAD ANOTHER  
KINGDOM EXPERIENCE SINCE BEING BORN AGAIN.

EVERYTHING ELSE THAT THEY HAVE HAD FROM THAT POINT IS A  
CHURCH EXPERIENCE. WHILE I UNDERSTAND THE IMPORTANCE OF  
BEING PART OF A CHURCH FELLOWSHIP AND THAT EVERY CHURCH  
HAS SET OF RULES AND GUIDELINES, THOSE THINGS SHOULD NEVER  
TAKE THE PLACE OF YOUR LEARNING TO KNOW THE VOICE OF GOD  
FOR YOURSELF AND TO LIVE IN OBEDIENCE TO WHAT HE CALLS YOU  
TO DO.

2. TO BE A SUCCESSFUL **FOLLOWER** OF JESUS CHRIST WE  
HAVE TO OVERCOME THE “F” FACTOR.... **FEAR.**

GOD HAS NOT GIVEN US THE SPIRIT OF **FEAR!!!**

*2 Timothy 1:7*

*For God has not given us a spirit of fear, but of power and of love and of a  
sound mind.*

THEREFORE, FEAR DOES NOT FACTOR INTO THE LIFE OF ONE WHOSE  
GOAL IS TO LIVE VICTORIOUSLY IN THE KINGDOM LIFESTYLE.

I AM NOT TELLING YOU THAT **FEAR** WILL NOT PRESENT ITSELF. I AM  
NOT TELLING YOU TO IGNORE ITS PRESENCE.

I AM TELLING YOU FROM EXPERIENCE TO ACKNOWLEDGE THAT  
**FEAR** IS PRESENT AND THAT IT IS TAUNTING YOU. BUT DON'T  
EMBRACE IT. RECOGNIZE IT FOR WHAT IT IS, A FORCE THAT DID NOT  
COME FROM GOD!

**FEAR IS TORMENT!!!**

WHAT KIND OF FEAR?

ANY KIND THAT STIFLES YOU!

KEEPS YOU UP AT NIGHT!

IMPEDES YOUR PROGRESS IN LIFE!

IMPEDES YOUR HAPPINESS IN LIFE!

THE KIND THAT KEEPS YOU FROM OBEYING GOD!

YOU MUST LET GO OF THIS KIND OF **FEAR**

BECAUSE IT WILL ULTIMATELY LEAD YOU TO THE OTHER “F”

FACTOR AND THAT IS **FAILURE**.

3. MOST OF US ARE FAMILIAR WITH **FAILURE**.

IT SHOWS UP ON THE PATHWAY TO SUCCESS.

IT'S WHERE WE FIND OUT WHAT WORKS AND WHAT DOESN'T WORK.

BUT WHEN YOU DISCOVER THAT SOMETHING IS NOT WORKING

DON'T BECOME PARALYZED BY **FEAR, REFUSING TO TRY**

**SOMETHING DIFFERENT.**

IF YOU DO, THEN **FAILURE** HAS BECOME **FINAL** FOR YOU.

**Proverbs 24:16**

*King James Version (KJV)*

*<sup>16</sup>For a just man falleth seven times, and riseth up again:*



SO, TO FULLY MATURE IN THIS KINGDOM WAY OF LIVING, YOU  
MUST FACTOR IN **FAILURE BUT ALSO FACTOR IN GETTING UP!!!**

BUT GETTING UP IS NOT ALWAYS AS EASY AS IT SOUNDS.

YOU HAVE TO **FORGET** ABOUT THE PAST **FAILURE** SO YOU CAN  
**FOCUS ON YOUR FUTURE.**

4. **FORGETTING** IS NOT ACTING AS IF IT DID NOT HAPPEN.

AFTER ALL, IF YOU FORGET WHAT HAPPENED OR HOW IT HAPPENED  
YOU WILL HAVE THE TENDENCY TO **FALL** AGAIN.

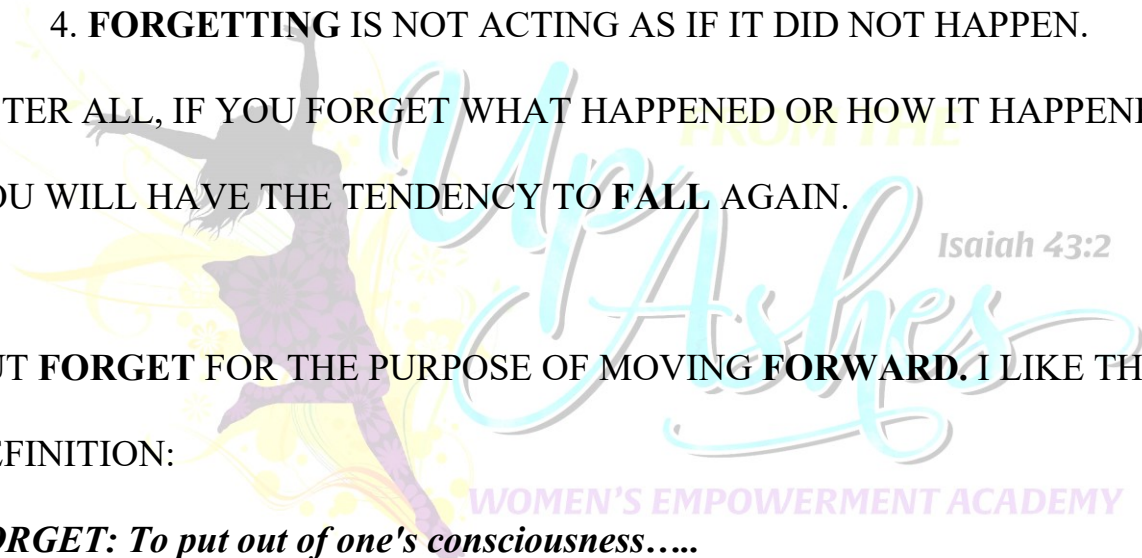
BUT **FORGET** FOR THE PURPOSE OF MOVING **FORWARD**. I LIKE THIS  
DEFINITION:

***FORGET: To put out of one's consciousness.....***

**Philippians 3:12-14**

King James Version (KJV)

*<sup>12</sup>Not as though I had already attained, either were already perfect: but I follow after, if that I may apprehend that for which also, I am apprehended of Christ Jesus.*



*<sup>13</sup>Brethren, I count not myself to have apprehended: but this one thing I do, forgetting those things which are behind, and reaching forth unto those things which are before,*

*<sup>14</sup>I press toward the mark for the prize of the high calling of God in Christ Jesus.*

YOU HAVE GOT TO PURPOSELY **FORGET** SOME THINGS IN ORDER TO  
MOVE FORWARD.

I'M TALKING ABOUT THE **"F" FACTOR!!!!**  
THE **"F" FACTOR FOR KINGDOM LIVING!!!!**

**FORGET SOME THINGS**  
**FORGIVE SOME THINGS**

**DON'T BE FOOLISH!!!!**

**HOLDING ON TO SOME THINGS THAT ARE DONE AND OVER**  
**WITH!!!**

I KNOW IT'S NOT EASY WITH SOME THINGS



BECAUSE SOME THINGS....

WELL SOME THINGS.....ARE JUST....

YOU FILL IN THE BLANK.

THIS BRINGS US TO THE FINAL “F” FACTOR.

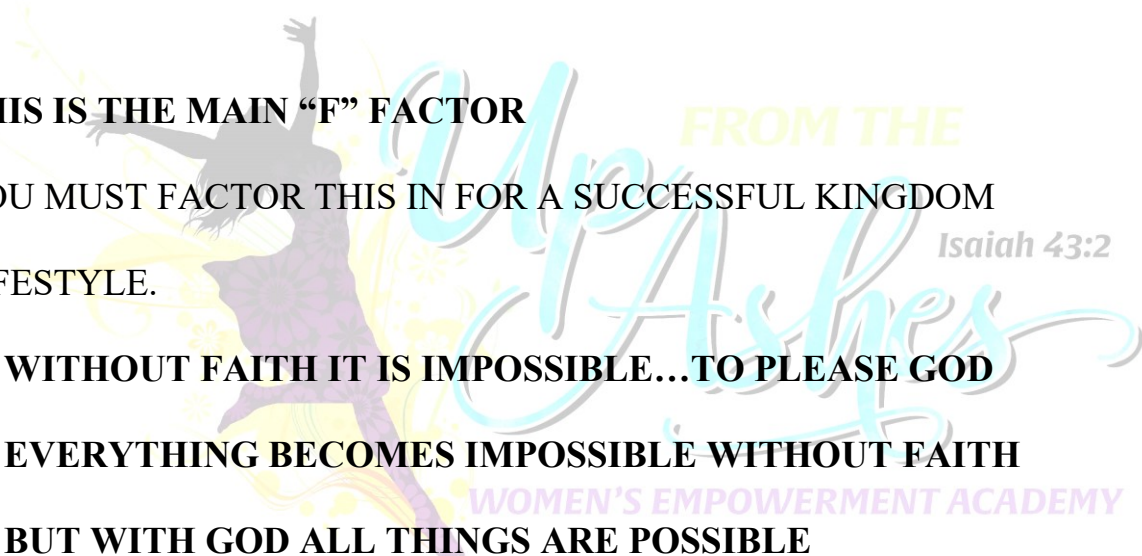
### **5. FIGHT THE GOOD FIGHT OF FAITH!!!**

**THIS IS THE MAIN “F” FACTOR**

YOU MUST FACTOR THIS IN FOR A SUCCESSFUL KINGDOM  
LIFESTYLE.

- **WITHOUT FAITH IT IS IMPOSSIBLE...TO PLEASE GOD**
- **EVERYTHING BECOMES IMPOSSIBLE WITHOUT FAITH**
- **BUT WITH GOD ALL THINGS ARE POSSIBLE**
- **BUT YOU HAVE TO GIVE GOD SOMETHING TO WORK WITH.**
- **HE ASKS FOR YOUR FAITH!!!!**

NO MATTER HOW HARD **SOME THINGS** ARE TO ACCEPT OR TO DEAL  
WITH.



NO MATTER HOW HARD SOME THINGS MAY BE TO LET GO OF, YOU  
CANNOT ABANDON YOUR FAITH!!

**Hebrews 10:35-36**

[New International](#) Version (NIV)

**35** *So do not throw away your confidence; it will be richly rewarded.*

**36** *You need to persevere so that when you have done the will of God, you will receive what he has promised.*

**Acts 14:22**

**New King James Version (NKJV)**

**22** *strengthening the souls of the disciples, exhorting them to continue in the faith, and saying, “We must through many tribulations enter the kingdom of God.”*

**YOU MUST HOLD ON TO YOUR FAITH**

**WALK BY FAITH**

**TALK IN FAITH**

**TREASURE YOUR FAITH**

**FACTOR IT INTO EVERY ASPECT OF YOUR KINGDOM WALK!**

**FAITH REQUIRES ACTION IN SPITE OF TRIBULATIONS.**

**THAT'S THE GOOD FIGHT!!!!!!**

### **THE "F" FACTOR**

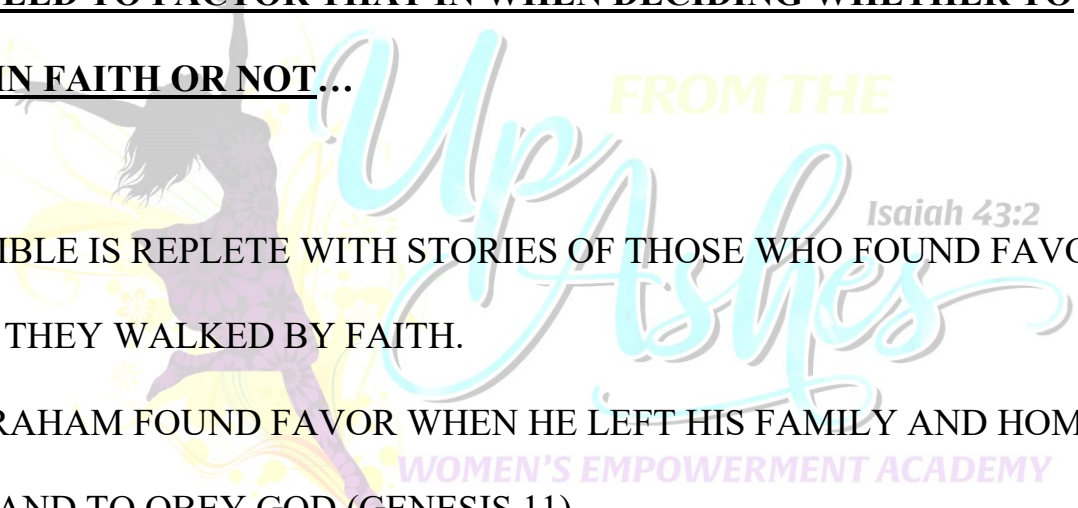
FOR IT IS THEN THAT YOU EXPERIENCE THE **FAVOR** THAT COMES  
WITH **FAITH!!!**

**YOU NEED TO FACTOR THAT IN WHEN DECIDING WHETHER TO  
STAY IN FAITH OR NOT...**

OUR BIBLE IS REplete WITH STORIES OF THOSE WHO FOUND FAVOR  
WHEN THEY WALKED BY FAITH.

- ABRAHAM FOUND FAVOR WHEN HE LEFT HIS FAMILY AND HOME  
AND LAND TO OBEY GOD (GENESIS 11).
- DAVID RECEIVED FAVOR WHEN HE FOUGHT GOLIATH BY FAITH (1  
SAMUEL 17).
- WHEN ESTHER STEPPED OUT IN FAITH TO SAVE HER PEOPLE GOD  
SHOWED HER FAVOR (ESTHER 5).
- 

***FAVOR IS LIKE THE REWARD OF YOUR FAITH.***



**FAVOR IS WHAT KEEPS YOU WALKING BY FAITH.**

**FAVOR IS YOUR HISTORY OF VICTORY!!!!**

*Psalm 44:3*

*New King James Version (NKJV)*

*<sup>3</sup> For they did not gain possession of the land by their own sword,*

*Nor did their own arm save them;*

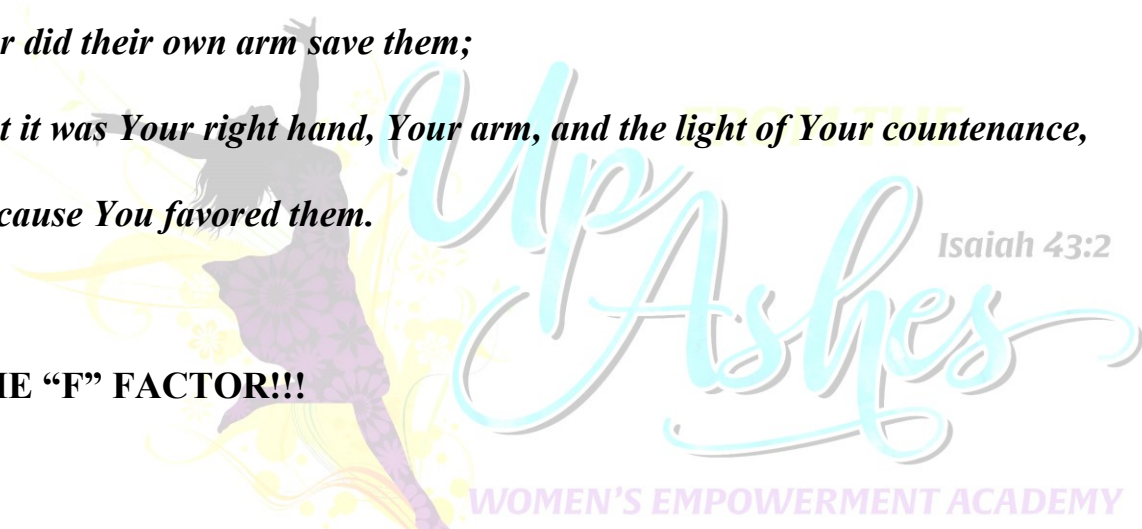
*But it was Your right hand, Your arm, and the light of Your countenance,*

*Because You favored them.*

**THE “F” FACTOR!!!**

**IT IS GOD’S FAVOR THAT ALLOWS US TO BE FINISHERS!!!**

- NOT A STARTER AND A STOPPER
- BUT ONE WHO SEES IT TO THE END
- A COMPLETER
- ONE WHO IS A COMMITTED NON-QUITTER



## CONCLUSION

### HAVE A KINGDOM CHECKLIST

- FINISHING SOME THINGS
- COMPLETING SOME THINGS
- NOT TRYING TO DO IT ALL AT ONCE
- STAYING ON THE COURSE THAT GOD HAS ORDAINED FOR YOUR LIFE

AS YOU GROW FROM FAITH TO FAITH, MAKE THIS YOUR KINGDOM DECLARATION!

*2 Timothy 4:7*

***“I have fought a good fight, I have finished my course, I have kept the faith:”***

*Isaiah 43:2*

WOMEN'S EMPOWERMENT ACADEMY

**I HAVE FINISHED MY COURSE!**

THIS IS NOT YOUR END-OF-LIFE DECLARATION, BUT IT IS WHAT YOU WILL SAY EACH TIME YOU COMPLETE A KINGDOM ASSIGNMENT.

IT'S FOR EVERY TIME YOU CONQUER FEAR AND FOR EVERY VICTORY OBTAINED ALONG THE COURSE THAT GOD HAS ORDERED FOR YOUR LIFE!!!

**I HAVE FINISHED MY COURSE!!!**

**I FINISHED WITH FAITH AND FAVOR!**

**I FORGAVE THE THINGS THAT NEEDED TO BE FORGIVEN.**

**I FEARLESSLY LET GO OF EVERYTHING AND EVERYBODY THAT  
WOULD TAKE ME OFF MY COURSE.**

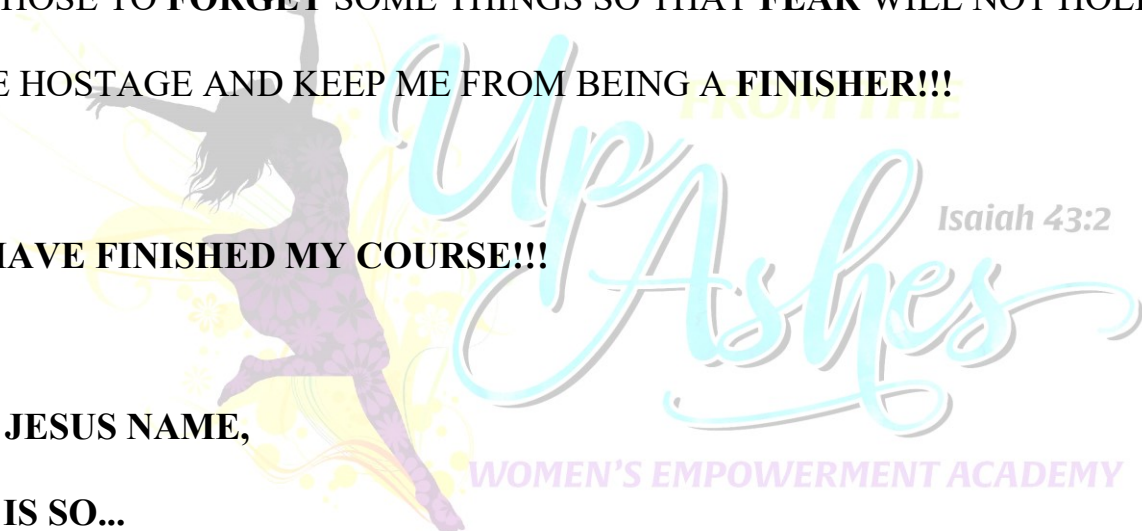
**I CHOSE TO FORGET SOME THINGS SO THAT FEAR WILL NOT HOLD  
ME HOSTAGE AND KEEP ME FROM BEING A FINISHER!!!**

**I HAVE FINISHED MY COURSE!!!**

**IN JESUS NAME,**

**IT IS SO...**

**AMEN!**





**THE END**

