

The lived experience of having faith: A perspective for health professionals

ABSTRACT

Having faith is inherent in being human. It is a universal experience important to health and quality of life. Therefore, a phenomenological-existential perspective was an appropriate choice as the theoretical framework underlying this study. The purposes of this research study were to discover the structure of the experience of having faith, to expand the knowledge of having faith, and to contribute to nursing knowledge. The Parse research method, developed in congruence with the ontology of human becoming, was used to answer the research question: *What is the structure of the lived experience of having faith?* Participants were 10 individuals living in the community. The unitary processes of dialogical engagement, extraction-synthesis, and heuristic interpretation were used to discover the structure: *Having faith is discerning conviction with perpetual alliances arising with fortitude amid adversity.* New knowledge enhanced understanding of the experience of having faith, extended the theory of human becoming, offered new possibilities for research, and provided implications for health professionals in practice.

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