

01



Defining Faith

What is Faith

What if the complete trust you had in someone was gone? Where would that relationship be? These questions probably have your mind wondering about particular relationships in your life, but the truth is, we lose faith each day without even realizing it. So how can we grow stronger in our faith, and learn to have complete confidence that our faith will save us?

Opening Question

What does Faith mean to you?

Scripture Reading

HEBREWS 11:1-4

Faith is the realization of what is hoped for and evidence of things not seen. Because of it the ancients were well attested.

By faith we understand that the universe was ordered by the word of God, so that what is visible came into being through the invisible.

Explanation

Faith goes beyond what we can perceive with our physical senses, therefore it doesn't work by the rules of science. Faith allows us to believe that the invisible God can do the impossible. If we seek Him, he will always be present to us, but just having the belief is not enough. Our growing belief in God should motivate us to strive and do His will by living the faith through our actions.

Reflection Questions

1. What can we do if we don't have enough faith?
2. How do we recognize our lack of faith?
3. Where does our faith come from?
4. How do we grow in our faith?
5. Is believing in God enough? If so, why? If not, why?
6. What motivates you to keep your faith strong?
7. What incidents in your life have you experienced losing faith?
8. How did you get it back?

Prayer

Thank you Lord for the faith you have given me. Help me to turn to you not only in my times of need but always. Give me the strength to know that my faith is strong enough, and allow me to continue to grow in my faith through my actions.

02

Doubts in our Faith

The Struggle

The struggle is real when it comes to completely letting go and trusting that God will take control, as we are surrounded by constant distractions that enable us from doing so. Social Media, for example, plays a huge role in our lives. Notifications come in left and right from the latest celebrity news to a Snapchat from your bestie. But what about the notifications from God? Are we responding to them? Often times it is difficult to disconnect and focus on what is happening in our Faith lives, but it's important to realize that our Faith life matters just as much.

Opening Question

When was the last time you were afraid? How did you feel in the moment and after?

Scripture Reading

JOHN 6:16-21

When it was evening, his disciples went down to the sea, embarked in a boat, & went across the sea to Capernaum. It had already grown dark, & Jesus had not yet come to them.

The sea was stirred up because a strong wind was blowing.

When they had rowed about three or four miles, they saw Jesus walking on the sea & coming near the boat, they began to be afraid.

But he said to them, "It is I. Do not be afraid."

Explanation

As discussed, our faith keeps us grounded. It allows us to know that there is something to hope for like a light in the darkness. It gives us relief to know that we are not alone. Why then do we grow weary and afraid during times of struggle? Why do we fear being alone in the scariest moments of our lives? The reading discusses Peter attempting to walk on water. He becomes filled with doubt, which ultimately destroys his faith, but even though we may lose our faith Jesus will always be there for us when we turn to Him in times of struggle.

Reflection Questions

1. Why do you think Jesus sent his disciples out into the storm?
2. Why does Jesus send us out into storms?
3. Why did Peter have doubt that it was Jesus?
4. In way scan we relate to Peter? Share a personal example.
5. Do you think Peter showed great faith in any way? Why?
6. What happens to us if we take our eyes off Jesus?
7. How will we be asked to turn to Jesus in our own darkness?
8. Have you ever allowed doubt to over come your faith?

Prayer

Thank you for allowing us to hear your words today and for deepening our knowledge to grow in our faith. I ask you Lord to help me know that you will never leave me alone. Help me over come my doubts and fears that I may have in my faith and let me keep my eyes focused on Jesus.

03



Discovering where you Are

Mapping it Out

The unknown is always present. Not knowing what college we'll be attending, not knowing what job we'll have, not knowing where we will be in 5 years. All of that is unknown, and sometimes the unknown can be kind of scary. If you think about the unknown, it can also be pretty relevant to our faith lives. Knowing where we are headed on our faith journey, and what difficulties we might face are all unknown, but understanding where we are in our faith life, can help us keep track of where we need to be, even in our times of hardship.

Opening Question

What are 4 different personality traits that you carry, and how do they relate to your life?

Scripture Reading

LUKE 8:4-10

While a large crowd was gathering and people were coming to Jesus from town after town, he told this parable: "A farmer went out to sow his seed. As he was scattering the seed, some fell along the path; it was trampled on, and the birds ate it up. Some fell on rocky ground, and when it came up, the plants withered because they had no moisture. Other seed fell among thorns, which grew up with it and choked the plants. Still other seed fell on good soil. It came up and yielded a crop, a hundred times more than was sown." When he said this, he called out, "Whoever has ears to hear, let them hear though seeing, they may not see; though hearing, they may not understand."

Explanation

Each of the different soils represents us in our individual faith life. We may vary and even have a combination of both. The hardened soil represents those who are alone on their their faith journey. The rocky soil represents those have a positive outlook on the gospel, but give up when hardship comes. The thorny soil represents those who are devoted, but still care about the materialistic things on earth, while the good soil represents those whose hearts are prepared for the gospel and who complete discipleship.

Reflection Questions

1. Where do we see ourselves in our faith life today?
2. What kind of soil are we?
3. Why do you think Jesus tells us this parable?
4. How does this parable relate to our to our faith and the struggles we face?
5. Do people have a choice in what type of soil they are in?
6. Can the type of soil you're in change?
7. What might break up harden soil?
8. What do you think Jesus would like you to do in response to this parable?

Prayer

Heavenly Father, we thank you for showing you word, and allowing us to understand our faith more and more. Helps us realize where we need to be to strengthen our faith and knowledge. Helps us to also speak your work and pull those who are in harden soil out, so that they may know your unconditional love.

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Journal Question

What do you think Jesus is calling you to do in response this this parable?