

How do I get more Faith?: A Leader's Guide

We can all probably agree that faith is an integral part of the Christian life, that in all kinds of seasons it is what keeps us anchored to Christ. But what if I feel I don't have enough? Or that my doubt or lack of trust is affecting my faith? How then can I 'Get more faith'? Hebrews 11 goes through and lists all the heroes of the old testament and why and how they had great faith. The interesting thing is it doesn't say they didn't have doubts or even trouble trusting in what God was asking of them. The one thing they all had in common, the one thing that led them to great faith was their actions, their following and obeying what was being asked of them regardless of what they could see, understand or predict. It's the same for us today. Faith is a tricky thing, it takes faith to get more faith, the key is simple - do something. Don't wait for all the answers before you embark on getting more faith. Don't even wait until you have no doubts about what you are doing because as Hebrews 11:1 says "Now faith is being sure of what we hope for and certain of what we do not see. Faith comes when we put more trust in God than the things around us, including ourselves. As we take small steps of faith we will soon catch on and before we know it we will be able to look back and see that our faith has grown.

Focusing Questions

1. What is faith?
2. Do you think you can increase or decrease in faith?
3. Is learning more about the bible going to increase your faith?
4. What things do you have 'faith' in e.g. Relationships, Career, Family, Friends, Studies, God?

Outcomes

1. Understand what 'true' faith is and what that means for their lives
2. Faith and actions work together.
3. Faith is following through on what we know – not what we feel.

Key Verses

(note: you don't have to read all these out and use them. Read through them and figure out what you think will work best)

- Hebrews 11
- Galatians 3:11
- Hebrews 10: 38
- James 2:14 - 24

Notes

How do I get more Faith?: Bible Study Plan

Tuning In

This section is short & sharp. Find out what your group believes or wonders about this topic. It is a great place to collect those tough questions which you can answer later or in the following weeks.

Perhaps try asking some of the following sorts of questions: How much faith do you feel you currently have on a scale of 1-10? Where would you perhaps like to be by the end of the year? What Prevents you from having more faith?

Exploration

Why do you think the author of Hebrews 11, included these people, and not others in the bible? Do you see any connection between the author of James writing that “faith without deeds is dead”, and the characters written about in Hebrews 11? Could it be that in order to get more faith, it is not just searching for more head knowledge but it is actually acting out what we already know? People like Abraham who are highly esteemed in Hebrews 11, did not know a lot about God when God met him for the first time. But He put his Faith in God (trusted that He knew best), and Chose to act. There can be no Faith without action.

At the end of Hebrews 11, the author writes about the hardship that these “heroes” of that faith had to endure and go through. They are great stories and they are inspirational to us reading them thousands of years later, but imagine being one of these “heroes” and having to live in their shoes. It would have been so difficult. Imagine the people they would have to offend, the risk that they would have put their lives and their families in. Even consider the pain that they would have to endure to follow God’s mysterious plan. Could you imagine losing all credibility and respect by strangers being constantly taunted for their beliefs? Growing and maturing in our faith is following through on what we know – not what we feel.

To live an incredible faith-filled life like one of these heroes which influenced generations to come, we must be prepared to stand for our love for God, and shamelessly follow God through the tough times. The amazing thing about Grace is that we have Jesus: Who can identify with our suffering; who carried the shame and pain to fulfil His Father’s master plan. He is Emmanuel, God with us through all of our fears and pain. He understands how hard it is to have faith (just look at his prayer to God on the night before he was to taken away to be crucified). It is so comforting to know that we are allowed to grapple and wrestle with God’s plans for our lives.

Going Further

As a Group discuss what things give you confidence, what encourages you and what you do to feel confident about something. For example, what gives you confidence before an exam.

Chances are these things will give light or hint towards some actions we can take to help grow our faith

Reflection & Taking Action

Write down and discuss things that hurt or diminish your faith, discuss why this is the case and how we can overcome these things.

What are some areas that you believe God is giving us space for faith in our lives? How can we make steps towards having faith in those areas?