

Sister Talk: Resuscitate Your Faith
Going Deeper—Week 1: Believing God Exists

Memory Verse:

“And without faith it is impossible to please him, for whoever would draw near to God must believe that he exists and that he rewards those who seek him.

Hebrews 11: 6 ESV

Gratitude: There is no better way to remember who you are... whose you are than to give thanks. Write down things you are thankful for this week.

This Week’s Spiritual Discipline

Throughout our faith journeys we have practiced a variety of spiritual disciplines. Spiritual disciplines are simply habits or activities that help us grow in our faith. Each week we will make a suggestion for you to try.

First Focus

Developing the habit of thinking of God first thing in the morning as you wake up and before your feet hit the floor gets us off to a wonderful start. As you wake up this week try one of the following:

- Read a specific scripture you’ve placed by your bed.
- Pray the Lord’s Prayer
- Sing a Praise Song
- Simply pray: Good morning Lord, I give today to you.

Believing God Exists

The first choice of a Believer is to believe God exists. Belief is so much more than a truth we hold in our mind. It drives us to action, moves us toward a goal. Belief in Christ is a continual process of movement toward a deeper trust in Jesus and His way.

<p><i>Day 1</i></p> <p>Read Hebrews 11</p> <p>As you read notice the number of times you see the phrase “by faith”. These men and women were not acting on their own. We have access to the same faith that drove them to be mighty men and women of God.</p> <p>Read the passage again.</p> <p>What words stick out to you as you read it a second time?</p> <p>What person’s faith story stirs your heart?</p> <p>Why?</p>	<p><i>Day 4</i></p> <p>God created us with an emptiness only He can fill. We can see it in the world today. People attempting to fill the void with wealth, drugs, possessions. It is an infinite list.</p> <p>Read Isaiah 55: 1-3</p> <p>Is there a place within you that feels empty?</p> <p>Take an honest look at how you attempt to fill the void. What “something” do you fill the void with?</p> <p>Filling emptiness with worldly things leaves us still wanting. What is God calling you to do in order to satisfy the longing?</p> <p>How can you turn to Him to fill your every need?</p>
<p><i>Day 2</i></p> <p>Read Hebrews 12: 1</p> <p>Think back over your faith journey. Recall the moment or moments in your life you came to the realization you believed God exists and Jesus is real.</p> <p>Who helped you come to this realization?</p> <p>What person has encouraged you to grow in your faith?</p> <p>What about them stands out?</p> <p>What qualities about their faith journey do you wish you had?</p>	<p><i>Day 5</i></p> <p>Much of our spiritual walk is recognizing our unbelief and allowing God to strengthen our ability to believe.</p> <p>Read Mark 9: 15-29</p> <p>The father began his request with a two letter word... “if”. “If you can...”. Consider your own requests to Jesus. Do you consider His response “iffy”? Are there places you are uncertain... doubtful?</p> <p>Recognizing and admitting our unbelief is the first step to growth. When you are facing your own unbelief in the days ahead, pray this father’s prayer.</p> <p>“I do believe, but help me overcome my unbelief.”</p>
<p><i>Day 3</i></p> <p>Read Romans 1:20</p> <p>God’s invisible nature and eternal power are seen through the things He’s made. Psalm 19 says, “The heavens declare the glory of God, and the sky proclaims his handiwork.” Nature as God created it can move us to a stronger belief... a deeper faith.</p> <p>Take a walk today if time permits, glance at a few pictures of creation, or consider a mountain range... the ocean.</p> <p>Does creation inspire you to believe in God?</p> <p>What part of His invisible nature does it reveal?</p> <p>What in creation leaves you in awe of His power?</p>	<p><i>Want to learn more?</i></p> <p>Sister Talk:Going Deeper is an extension of the study our group did this summer. You can find more on Believing God Exists by going to:</p> <p style="text-align: center;">SisterTalkFaith.wordpress.com</p> <p>Scroll to the bottom and search week 1/day 1 to review more information on Believing God Exists.</p> <p>Sign up to receive blog posts by e-mail and each day’s lesson will come straight to your inbox.</p> <p>Follow us on Instagram for encouragement along the journey at sistertalkfaith.</p>