

Help My Unbelief

Immediately the father of the child cried out and said with tears, “Lord, I believe; help my unbelief!”

Mark 9:24

1. You are not your feelings

Imminent danger causes heightened stress but once the danger passes the feelings go away.

- You did not want the dangerous situation, the dangerous situation intruded upon your peace.
- Likewise, natural circumstances look bad and challenge your peace but those feelings are not a part of you unless you adopt them.
- Therefore identify yourself with what God says instead of identify yourself with your negative feelings.

2. Overcoming fear

- Faith says I believe in an invisible truth and I will act on what I believe regardless of how I feel.
- Faith is a decision.
 - Decide to agree with God regardless of how afraid you might feel.
 - Imagine what you would do if you believed and then do it.

3. Becoming strong in Faith

- Jude 20-21
- But you, beloved, building yourselves up on your most holy faith, praying in the Holy Spirit, keep yourselves in the love of God, looking for the mercy of our Lord Jesus Christ unto eternal life.
 - Train yourself to be strong in faith by praying and reading His Word daily.