

## HELP MY UNBELIEF

Mark 9:21-24 NIV - Jesus asked the boy's father, "How long has he been like this?" "From childhood," he answered. "It has often thrown him into fire or water to kill him. But if you can do anything, take pity on us and help us." "If you can?" said Jesus. "Everything is possible for one who believes." Immediately the boy's father exclaimed, "I do believe; help me overcome my unbelief!"

### DESCRIPTION

Unbelief prevents us from experiencing all of the blessings God has for us, including miracles. It occurs when we consider that our current circumstance is too difficult for God to handle or that our present problem has somehow not been addressed through the sacrifice and resurrection of Jesus. This does not mean we have no faith but that our faith has been stretched past our ability to believe.

This said, the free gift of salvation, deliverance, healing, and sustenance is ours to receive by faith. This means that when we have real faith in God, even if it is only the size of a mustard seed, everything is possible to us. We stop fearing anything or even thinking things like, "If you can..." to God because we start to truly entrust ourselves into His hands as our loving Heavenly Father no matter how grim our circumstances may appear to be.

Therefore, to practice Help My Unbelief is about recognizing that even though we have some faith, there are ways in which we are not fully trusting God. Recognizing these areas helps us turn them over the Lord, repent, and build our faith to receive from Him.

### PRAYER

Father, I believe, help my unbelief! Show me the ways that I am not trusting you fully or am believing wrong things. Increase my faith in more areas of my life so that I can bring you greater glory. Show me how to exercise my faith by trusting you more in all things. In Jesus' name, Amen.



### PURPOSE:

To resist and conquer various forms of unbelief.

To grow in faith and application of trusting God in our lives.

To experience more miracles because of greater faith.

### SPIRITUAL FRUIT:

Strengthened faith and faithfulness.

Deeper experience of God's ways and work.

Repentance from self-reliance over trust in God.

Repentance from wrong beliefs.

Purified motives and approach to life.

# CONSIDERATIONS

Consider these forms of unbelief, listed in no particular order:

- **Disbelief:** The inability or refusal to believe something. Says things like, "I do not believe that Jesus heals today."
- **Doubt/Unbelief:** Thinking something is too *unbelievable* to be real or having faith stretched past our ability to believe.
- **Misbelief:** Faith in something that is wrong. Says things like, "Time heals all wounds." Time does not heal, Jesus heals.
- **Self-Righteousness:** Faith in our own record before God rather than in Jesus' perfect record. Believes, "I deserve it."
- **Psychologizing:** Inspecting our past for reasons why we are unable to receive God's blessings. Says things like, "my father didn't love me so I doubt God does." This is the wrong basis for faith altogether. Jesus did not come as a psychologist. He came as a Savior.

## PRACTICE

1. Ask the Holy Spirit to highlight one of the unbeliefs above that is relevant to your life right now.
2. Ask the Lord to show you how this unbelief has infiltrated your thoughts. Talk to Him about:
  - When did this unbelief begin? Was there an event which triggered this? Was it from a disappointment?
  - Ask the Lord to reveal to you the real root of the issue. For example, pride, fear, intellectualism, theology, etc.
3. Repent. Ask the Lord to forgive your unbelief.
  - Ask the Lord to forgive your unbelief. Receive forgiveness.
  - Ask the Lord to help you change your approach.
4. Ask the Lord how He wants to help you overcome this unbelief through greater faith and trust in Him.
  - How will He transform your faith and renew your mind?
  - Is there something He is asking you to do to build your faith?
5. Do whatever He says.

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## ADDITIONAL SCRIPTURES:

*Unbelief*

Matthew 13:58

2 Kings 17:15-15

Psalms 78

Isaiah 65:2

*Faith*

Matthew 19:26

Philippians 4:13

Hebrews 11:1, 6

Romans 10:17

Mark 11:22-25

1 Corinthians 2:5

Romans 4:16