



We do things in our day to day life that require a little bit of faith, for example faith that the alarm clock will go off at the exact time we need it to every day. Miriam Webster defines faith as *“firm belief in something for which there is no proof”*. The exact opposite of faith is doubt which is defined: *“to be uncertain about something or someone, or to have difficulty believing something”*. But what determines if you will have faith or if you will doubt? For the majority of people the choice to believe or doubt is based on their past experiences. Example: you believe you will do great in math class because you got an A in your last math class. Or you doubt you will be chosen to play varsity football because you think you are not as good as someone else who plays the same position. Faith and doubt both require a 100% commitment in order to function. Both of these beliefs have tremendous power, one will push you to do things and the other will keep you from doing things. The deciding factor between faith and doubt is being absolutely certain of the outcome of something. Would you live your life differently if you could know for sure that everything you do will be successful? Would you fear? Would you be more bold? The bible offers us a wealth of promises that God has made us but it takes faith to activate them. Once you believe in what God says about you and what He has promised you, you can begin to receive all that He has in store for you.

Identify the benefits of believing and not doubting in God’s promise for each scripture:

Proverbs 3:5-8

James 1:5-8

Mark 11:22-24

Ask Jesus to show you if there is something that you are doubting in that He wants you to give to Him. Write down what you heard, felt or saw.
