

# REFOCUS

## *Refocus Your Faith*

### **What is Faith?**

**Hebrews 11:1 (KJV) Now faith is the substance of things hoped for, the evidence of things not seen.**

- Faith is having confidence that what you hope for will actually happen, you have an assurance it will manifest before it appears
- We see throughout the Bible that faith is an active, life changing force that shapes the lives of believers and leads to obedience, perseverance, and deeper relationship with God

### **Where does Biblical Faith Come From?**

- The Word of God **Romans 10:17 (KJV) So then faith cometh by hearing, and hearing by the word of God.**
- Faith is rooted in God's Word
- As you study the scriptures, your understanding of God's character, His promises, the gospel of Jesus deepens, leading to the development of faith
- Biblical faith is not dormant, it is active and is developed and strengthened over time by:
  - Study of the Word **Psalms 119:105 (KJV) Thy word is a lamp unto my feet, and a light unto my path.**
  - Experiencing God's faithfulness **Psalms 37:25 (KJV) 25 I have been young, and now am old; yet have I not seen the righteous forsaken, nor his seed begging bread.**
  - Living in Fellowship and Community with other believers **Hebrews 10:24-25 (NLT) 24 Let us think of ways to motivate one another to acts of love and good works. 25 And let us not neglect our meeting together, as some people do, but encourage one another, especially now that the day of his return is drawing near.**
  - Testing and perseverance **James 1:3 (NLT) 3 For you know that when your faith is tested, your endurance has a chance to grow.**
  - Putting your faith in action **James 2:26 (NLT) Just as the body is dead without breath, so also faith is dead without good works.**
  - Reflecting on the attributes of God **Psalms 46:10 (NLT) 10 "Be still, and know that I am God! I will be honored by every nation. I will be honored throughout the world."**
- Biblical faith is not a destination, it's a journey
- It is the journey of faith that:
  - maintains your connections with God **Hebrews 11:6 (NLT) 6 And it is impossible to please God without faith. Anyone who wants to come to him must believe that God exists and that he rewards those who sincerely seek him.**
  - is the key to your salvation **Ephesians 2:8-9 (KJV) 8 For by grace are ye saved through faith; and that not of yourselves: it is the gift of God: 9 Not of works, lest any man should boast.**

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- helps you grow spiritually **2 Corinthians 5:7 (KJV) (For we walk by faith, not by sight:)**
- helps you overcoming trials **Matthew 17:20 (NLT) "...I tell you the truth, if you had faith even as small as a mustard seed, you could say to this mountain, 'Move from here to there,' and it would move. Nothing would be impossible."**

### **How Do We Lose Focus on Our Faith?**

- Doubts and Unanswered Prayers **Proverbs 13:12 (NLT) 12 Hope deferred makes the heart sick, but a dream fulfilled is a tree of life.**
  - You've been praying and believing God for answer to your prayers, but no answer seems to come
- Trials, Tribulations and Trouble **James 1:2-4 (NLT) 2 Dear brothers and sisters, when troubles come your way, consider it an opportunity for great joy. 3 For you know that when your faith is tested, your endurance has a chance to grow. 4 So let it grow, for when your endurance is fully developed, you will be perfect and complete, needing nothing.**
  - The very thing that supposed to develop your faith and perseverance is the very thing that challenging your faith
- Moral failures **Psalms 51:10 (KJV) Create in me a clean heart, O God; and renew a right spirit within me.**
  - Our own moral failures or witnessing the moral failures of others can lead to feelings of guilt, shame, and sometimes even a sense of unworthiness
- Comparison and envy **Proverbs 14:30 (NLT) 30 A peaceful heart leads to a healthy body; jealousy is like cancer in the bones.**
  - When we compare someone else's spiritual journey or their blessings to ours, it can lead to lead to feelings or inadequacy or envy
- A major life crisis such as an illness that will not end, a financial reversal, a family problem. Etc.
  - You wonder why this is happening to you, why would God allow this to happen and where is God right now?

### **Getting Your Faith Back in Focus**

- Getting your faith in focus is a process requiring intentional steps and a commitment to spiritual renewal
- Here are some practical suggestions to get your faith back in focus
- Reflect on God's Faithfulness
  - Spend time reflecting on moments in your life when God has been faithful
- Reconnect Through Prayer
  - Engage in earnest and honest prayer.
- Get in the Word
  - Read the Bible with a fresh perspective.
- Fellowship with other Believers
  - Surround yourself with supportive believers

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- Worship
  - Engage in worship services privately and corporately
- Serve Others
  - Selfless acts of kindness and service can reignite a sense of purpose and connection to your faith
- Forgive Yourself and Others
  - If guilt or unforgiveness is hindering your faith, seek God's forgiveness and extend grace to yourself and others.
- Practice Gratitude
  - Cultivate a grateful heart by intentionally focusing on the positive aspects of your life.