

#AskingForAFriend: I believe. Help my unbelief.
Mark 9.24 – February 12, 2019

Mark 9.24 – “...I believe. Help my unbelief.”

- **I/my** – Start where you are. Jesus meets you there!
- **Believe** – Faith is more about trusting God and entrusting self to God than beliefs.
- **Help** – Urgent call for immediate help for an intense need.
- **Unbelief** – *Apistia* literally means negated faith, which raises a valid question: *What negates our faith?*

Two broad categories of unbelief:

1/ Ideas you're not sure you buy into.

2/ Not doing what you profess to believe.

Mark 9.14-29 – What negates faith? What challenges do we need “help” in order for faith to grow where there is “unbelief?”

>> A few of the struggles to overcome for faith to move on: Hard circumstances // Shame and embarrassment // Tried and failed // Stuck // “if you can” instead of “if you believe” // Sense that God's not trustworthy // Trust issues // Past/regrets // Desires/choices // Doubts and questions // Dryness and distance // Darkness // Pride // Stubborn sin //....

The truth of Mark 9.24 creates a template to help us grow through spiritual struggles.

I believe.

Help my unbelief.

I _____.
[some way I am experiencing God's intentions for me]

Help my un-_____.
[some way in which God's intentions for me are being negated]

- I trust you...
- I am forgiven...
- I have your Spirit living in me
- I am free from slavery to sin
- I accept your truth...
- I trust your wisdom...
- I desire you more and more...
- I am satisfied in you...
- I love you...
- I am sure I belong to you...
- I know I am your child
- I follow you...
- I obey your ways...
- I hear your call...
- I believe in your heart for justice...
- I believe in your compassion for all...

- ...help me completely surrender to you
- ...help me accept & give your forgiveness
- ...help me hear & respond to your voice
- ...help me live out your victory
- ...help my doubts
- ...help my need for answers
- ...help my wandering desires
- ...help my hungry, thirsty longings
- ...help my distracted affections
- ...help my insecurity
- ...help my search for identity lead to you
- ...help my inconsistency
- ...help my disobeying
- ...help my stubbornness to respond
- ...help my uncaring heart and blind eyes
- ...help my calloused soul to be soft