

B uilding Faith



Getting Started

Faith is believing in something we cannot see. What do you have faith in? What do you doubt?

Children have very strong faith. They will believe whatever you tell them. But as we get older we begin to question everything. Do you ever wish you could have faith like a child? Do you ever feel like you have no faith?

If you feel your faith is weak, you're not alone. Everyone goes through times like this. Even the disciples sometimes said to Jesus, "Lord, make our faith greater!" (Luke 17:5) If you ask God to increase your faith, he will always help you. And even if your faith is very small, God can do great things with it.

Improving Your Vocabulary

toss (v) - to throw back and forth

courage (n) - bravery; being able to face one's fear

doubt (v) - lack of faith; not believing in something

die down (v phr) - to become smaller and/or weaker

burden (n) - a load that one carries

build up (v phr) - to make bigger and/or stronger

tremble (v) - to shake, usually because of fear

skillful (adj) - talented; able to do something very well

convincing (adj) - believable

proof (n) - evidence; shows something to be true

Reading God's Word

Matthew 14:22-33

22 Then Jesus made the disciples get into the boat and go on ahead to the other side of the lake, while he sent the people away. **23** After sending the people away, he went up a hill by himself to pray. When evening came, Jesus was there alone; **24** and by this time the boat was far out in the lake, tossed about by the waves, because the wind was blowing against it. **25** Between three and six o'clock in the morning Jesus came to the disciples, walking on the water. **26** When they saw him walking on the water, they were terrified. "It's a ghost!" they said, and screamed with fear. **27** Jesus spoke to them at once. "Courage!" he said. "It is I. Don't be afraid!" **28** Then Peter spoke up. "Lord, if it is really you, order me to come out on the water to you." **29** "Come!" answered Jesus. So Peter got out of the boat and started walking on the water to Jesus. **30** But when he noticed the strong wind, he was afraid and started to sink down in the water. "Save me, Lord!" he cried. **31** At once Jesus reached out and grabbed hold of him and said, "What little faith you have! Why did you doubt?" **32** They both got into the boat, and the wind died down. **33** Then the disciples in the boat worshiped Jesus. "Truly you are the Son of God!" they exclaimed.

Matthew 17:20

20 I assure you that if you have faith as big as a mustard seed, you can say to this hill, 'Go from here to there!' and it will go. You could do anything!

Romans 15:1-2

1 We who are strong in the faith ought to help the weak to carry their burdens. We should not please ourselves. **2** Instead, we should all please other believers for their own good, in order to build them up in the faith.

1 Corinthians 2:3-5

3 So when I came to you, I was weak and trembled all over with fear, **4** and my teaching and message were not delivered with skillful words of human wisdom, but with convincing proof of the power of God's Spirit. **5** Your faith, then, does not rest on human wisdom but on God's power.

For further study, see Matthew 8:5-13; Romans 4:4-5 and Hebrews 11.

Taking a Closer Look

1. What did Jesus do after he sent the crowds away? What did he want the disciples to do? (Matthew 14:22-23)

2. How did Jesus come to the disciples? (Matthew 14:25)

3. Why were the disciples terrified? (Matthew 14:26)

4. What did Peter try to do? Why did he sink? (Matthew 14:28-30)

5. What do you think Peter learned from this experience?

6. Matthew 17:20, tells us that even if we have small faith, we can do great things. Do you believe this?

7. If our faith is strong, what should we do? (Romans 15:1-2)

8. Can God use us, even if we are afraid? (1 Corinthians 2:3-5)

9. What does our faith rest on? (1 Corinthians 2:3-5)

Taking Action

1. Faith comes from God. He is the only one who can give us stronger faith. If you feel your faith is weak, pray to God and ask him to strengthen your faith.
2. The Bible tells us to encourage each other in faith. How can we help people whose faith is weak? How can we build each other up in the faith?

Memory Verse: Mark 9:23

Everything is possible for the person who has faith.

Review the Vocabulary

Fill in the blanks with the correct vocabulary words.

1. Tom stole the money. I have _____ that he did it.
2. Speaking in public makes me _____ with fear.
3. I read a book about snakes that eat people. But I _____ that it's true.
4. Christina is a very _____ piano player.
5. It was very windy this morning, but the wind has _____ now.
6. The Bible says we should help carry each other's _____.



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