

## **CHAPTER 9**

# **Being Strong In Faith**

### **“How To Please God”**

God wants you to be a champion for Him! Did you know that anyone in the Bible who was a champion for God was a person with strong faith? People with strong faith see God do awesome things in their lives. God has already given you some faith. You used your faith to believe in Him, didn't you? He has given you a portion of faith. Now it's up to you to add to your faith. It's up to you to grow and develop more faith. God wants you to be a person of great faith!

**FAITH MUSCLES:** Think of it this way. God has given you muscles, hasn't He? You have biceps, triceps and all kinds of other muscles. I know kids like to tighten their tummys to see if they can show off a six-pack of muscles! They like to pump up their arm muscles to see who has bigger biceps! Your whole body is filled with muscles. You got those muscles when you were born, right? What you do with those muscles is up to you. You can sit on the couch and play video games your whole life and end up being an 80-pound weakling or you can become the strongest kid in the neighborhood by developing your muscles. If you do a few sit ups and push ups, or if you play soccer or basketball or gymnastics, or if you get involved in active sports like snowboarding or skateboarding, you will develop big muscles. These various activities will help you develop bigger, stronger muscles. If you want really, really big strong muscles, then you will have to be even more dedicated and devoted to exercising and working out than the average kid, right? Think of the weight lifters you see on television. Have you ever seen the power lifters? The ironman? Have you ever seen those muscled body builders up close? The muscles on the men and women who lift weights every day are so big and strong. Those muscles didn't grow by accident; muscular people have to be very disciplined and dedicated to growing their muscles every day.

Did you know it's the same way with our faith? When you became a born-again Christian, God gave you "faith muscles". You have faith for salvation. You have faith for your prayers to be answered. You have faith for lots of things, but at first your faith is small and weak. What you do with your faith muscles is up to you. You can sit in front of the TV, play video games and movies all day or you can spend all your time listening to music videos and playing on the Internet and you'll end up being a weak little baby Christian. People with weak faith muscles are weak spiritually and often these kind of people are afraid, or sad, or angry, or mean, or they don't know how to control their mouths. Many times, people with weak faith muscles don't know that they can develop their faith muscles to replace their fears with

peace, to replace their sadness with joy and laughter, to replace their anger with kindness, to replace their mean spirit with God's love and to replace a mouthy mouth with words that will bless them and other people. Do you want to be a kid with weak faith muscles? I don't believe you do! Let's look at how we can have strong faith muscles. How would you like to be a "strong man" spiritually? You can become the strongest spiritual kid in your church or school by developing your faith muscles. How? You'll have to lift spiritual weights each day! If you'll take time each day to talk to God, to read your Bible or listen to God's Word, that is just like lifting spiritual weights and it will help you to develop bigger, stronger faith muscles.

Jesus said that we could have faith muscles so strong that we could move mountains! Have you ever faced a mountain or difficulty in your life that you feel like you couldn't fix or change? With mountain-moving faith things can change in your life! If you want to have the kind of faith that Jesus tells us to have, if you want mountain-moving faith, then you will have to be more committed and dedicated to praying to God and reading your Bible than the average kid. When you have giant faith muscles nothing is impossible. Jesus said nothing is impossible for those who believe – for those who have muscles of faith!

Let's look at this.

## A. WHAT IS FAITH?

Do you know what faith is? It's really simple. Faith is believing God's Word! When we believe God and His Word, we have faith. When we trust God and His Word, we have faith.

1. Hebrews 11:1,6

What is faith? \_\_\_\_\_

Can you please God without faith? \_\_\_\_\_

What does God do for those who sincerely seek Him? \_\_\_\_\_

To have faith in God means to have faith in His Word. God wants us to believe everything in His Word. We started our walk of faith when we asked Jesus to come into our hearts. We didn't see Jesus, or feel Jesus, or taste Jesus, or touch Jesus, or smell Jesus – but we knew in our hearts that He was real because we believed God's Word and we invited Him into our lives – right? That is faith!

## 2. Hebrews 11:4-30

This is called "God's Hall of Faith"! If you are an outstanding baseball player or football player or basketball player, you might have a chance to someday be in the Hall of Fame, but if you are a person of faith, you can be in God's Hall of Faith! These people used their faith to do mighty things for God. List the name of each person mentioned in the verse:

Verse 4 \_\_\_\_\_

Verse 5 \_\_\_\_\_

Verse 7 \_\_\_\_\_

Verse 8 \_\_\_\_\_

Verse 11 \_\_\_\_\_

Verse 20 \_\_\_\_\_

Verse 21 \_\_\_\_\_

Verse 22 \_\_\_\_\_

Verse 23 \_\_\_\_\_

Verse 24 \_\_\_\_\_

Verse 29 \_\_\_\_\_

Verse 31 \_\_\_\_\_

Verse 32-33 \_\_\_\_\_

**B. WIMPY FAITH OR STRONG FAITH?**

Look up these verses and see if we are learning about wimpy faith or strong faith. Write the word "wimpy" or "strong" next to the verse.

- 1. Matthew 6:30 \_\_\_\_\_
- 2. Matthew 8:10 (Luke 7:9) \_\_\_\_\_
- 3. Matthew 8:26 \_\_\_\_\_
- 4. Matthew 14:31 \_\_\_\_\_
- 5. Matthew 15:28 \_\_\_\_\_
- 6. Matthew 16:8 \_\_\_\_\_
- 7. Romans 4:19 \_\_\_\_\_
- 8. Romans 4:20 \_\_\_\_\_

**C. GROWING STRONGER FAITH MUSCLES**

- 1. 2 Corinthians 10:15

What does the Apostle Paul hope our faith will do? \_\_\_\_\_

- 2. Romans 10:17

Faith comes when we do what? \_\_\_\_\_

More faith comes to us when we read and think about God's Word.

**D. HOW TO USE YOUR FAITH**

Our faith muscles need to be used! The way you begin using your faith muscles is by doing something! The way you use the muscles in your body is by doing something! When you exercise, your muscles are used. One primary way we exercise our faith muscles

is by using our mouth to agree with God's Word. When we say the same thing with our mouths that God's Word says and that we believe in our hearts, we are using our faith. When our heart and our mouth agree, our faith is in action!

Our faith muscle is used when we do this two-part equation.

**Believing God's Word in our hearts + Saying God's Word with our mouth = Faith**

**+** **FAITH IN ACTION:** For example, let's say you read Psalm 91 about God's protection. If you believe it, what should you do with your mouth? If we believe in our hearts God's Word in Psalm 91, that God will protect us and then we say with our mouths, "I am so scared and afraid of everything," what happens? We are believing one thing, but saying something different and our faith won't work! We have a faith muscle, but it is not being used properly and God cannot answer our faith because it is confused. On one hand we say we believe God will protect us, and then with our mouth we say how scared we are. If we really believed God would protect us, what kind of words would we say?

**+** **FAITH IN ACTION:** Take another example, the story of Daniel. Daniel was a young man who had great faith! He put God first and obeyed God more than anyone else and God blessed him immensely! If you put God first in your life and heart, then you can use your faith to believe God's Word in Daniel 1:17-20 will work for you too. If you believe, according to Daniel 1:17-20, that God will help you with your learning, understanding and schoolwork, but say with your mouth, "I am so stupid and confused," what will happen? God won't be able to answer your faith because you have a faith muscle, but it is not being used properly and God cannot answer our faith because it is confused. On one hand, we say we believe God will help us with our schoolwork and then with our mouth we say how stupid and confused we are. If we really believed God would help us with our schoolwork, what kind of words would we say?

Can you see how important it is to say words that agree with God's Words? To say words that you believe in your heart?

1. 2 Corinthians 4:13

I believed and therefore I \_\_\_\_\_

## 2. Romans 10:8-10

If you \_\_\_\_\_ that Jesus is Lord

If you \_\_\_\_\_ that God raised Him from the dead

You will \_\_\_\_\_

## 3. Mark 11:22-23

God wants us to develop mountain-moving faith! Mountains can represent any difficulty in your life. Is there an obstacle in your life? Is something really bothering you and trying to get you down? You need to use your mountain-moving faith!

In verse 22, what did Jesus tell us to have? \_\_\_\_\_

In verse 23, do we pray to the mountain? \_\_\_\_\_

In verse 23, do we pray to God about the mountain? \_\_\_\_\_

In verse 23, do we speak to the mountain? \_\_\_\_\_

What will obey our command? \_\_\_\_\_

When we speak words of faith, what are we to have in our hearts? \_\_\_\_\_

**E. JUST DO IT – TAKE ACTION**

Now it's time to just do it! Let's take action on what we have studied. Do you want to be one of God's super strong faith muscle kids? How are you going to develop your faith muscles? It will take more commitment than other kids are willing to give. You don't want to be a weak Christian, do you? Are you willing to discipline yourself to read God's Word every day? Are you willing to give up some of your time playing video games to read God's Word? Are you willing to give up some of your play time to put God's Word first? Are you willing to get your mouth in agreement with God's Word -- even when you don't feel like it? Are you willing to give up some of the negative words you are in the habit of saying and start saying words that agree with God's Word? If you will, you will see God's blessing in your life!

Your heart will get so full of God's Word that as you speak God's Word out, you will release a powerful force called faith. Mountains will move in your life and your name can be written in God's Hall of Faith.

**YOUR PERSONAL PLAN:** What is your plan for developing your faith muscles?

I want to read my Bible for \_\_\_\_\_ minutes each day.

I want to read my Bible during this time \_\_\_\_\_ each day.

I would suggest that you talk to your parents about getting the audio version of the New Testament so you can play it each night before you go to bed. Let God's Word begin to fill your heart and watch those faith muscles grow!

# MY PERSONAL WALK WITH GOD

Pages You Can Personalize!

## Bible Trivia



What's the first word in the Bible?

What's the last word in the Bible?

Who's the oldest person in the Bible?

How many times did Jesus say, "Fear Not"?

What is the shortest verse in the Bible?

Name the 12 disciples.

Name or sing all the books of the Bible.

What is the last book in the Old Testament?

Who wrote Genesis?

Name the four Gospels.

## Bible Jokes

Where did they play baseball in the Bible?

Where does it say the church drove a Honda?

Answers:

In Genesis it says - in the beginning (big Inning)  
In Acts - it says they were all in one Accord