When Your Faith Is Weak

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Sometimes you feel weak spiritually. And when you do, you probably feel like you’re the only one.

You’re not alone. Every Christian experiences times of weakness.

What does weak faith feel like? Sometimes it manifests itself in:

- Wondering if God is in control.
- Questioning whether God really loves you.
- Doubting God’s forgiveness.
- Lacking the motivation to engage in spiritual things.
- Worrying about the future.
- Being discontent.
- Feeling discouragement or being downright blah.

Good News

If you’re like me, you don’t like feeling spiritually weak. And you don’t have to be! Weakness doesn’t have to be the new normal! God has the power to strengthen you.

You can see this fact in verses like Luke 17:5 where the apostles come to Jesus asking Him, “Increase our faith!” and Mark 9:24 where the man cries to Jesus, “I believe; help my unbelief!” You see it in Ephesians 3:16 where Paul prays that God will strengthen the church in Ephesus, and in 1 Thessalonians 3:11-12 where Paul prays that God will increase their love for one another in Thessalonica. You also see it in Luke 22:32 where Jesus prays that Peter’s faith would be strong enough to withstand the devil.

The God who created the Universe - who delivered the Israelites - who raised His Son - can (and wants to) strengthen your faith.

How?

https://plainsimplefaith.com/when-your-faith-is-weak/
Recognize that you cannot fix your weak faith by mere determination – by thinking positive thoughts, listening to music, or reading a ‘Christian’ author. That isn’t taught in the Bible. These things can only offer the illusion of faith.

The Bible tells us clearly what we need to do:

1. Ask

When the man with the demon-possessed son cried to Jesus, “I believe; help my unbelief,” Jesus responded by strengthening the man’s faith (Mark 9:14-29). Likewise, we need to ask God to strengthen our faith.

Don’t think you need to be strong before God will listen to you. Like the man in Mark 9, ask God for help. Tell Him your faith is weak, and ask Him for strength. And He will respond by strengthening your faith when you follow the next step:

2. Listen

So faith comes from hearing, and hearing through the word of Christ. (Romans 10:17)

When we hear the Word of God, God will use His power to strengthen us. The answer to weak faith is returning to the source of our faith: the Word.

When you feel you are in a spiritual low point in your life, here are some passages that I have found to be helpful:

Offer to God a sacrifice of thanksgiving, and perform your vows to the Most High, and call upon Me in the day of trouble; I will deliver you, and you shall glorify Me. (Psalm 50:15)
If any of you lacks wisdom, let him ask God, Who gives generously to all without reproach, and it will be given him. (James 1:5)

But if we walk in the light, as He is in the light, we have fellowship with one another, and the blood of Jesus His Son cleanses us from all sin. If we say we have no sin, we deceive ourselves, and the truth is not in us. If we confess our sins, He is faithful and just to forgive us our sins and to cleanse us from all unrighteousness. (1 John 1:7-9)

For we do not have a High Priest who is unable to sympathize with our weaknesses, but One who in every respect has been tempted as we are, yet without sin. Let us then with confidence draw near to the throne of grace, that we may receive mercy and find grace to help in time of need. (Hebrews 4:15-16)

For this light momentary affliction is preparing for us an eternal weight of glory beyond all comparison, as we look not to the things that are seen but to the things that are unseen. For the things that are seen are transient, but the things that are unseen are eternal. (2 Corinthians 4:17-18)

Jesus said to them, “I am the bread of life; whoever comes to Me shall not hunger, and whoever believes in Me shall never thirst.” (John 6:35)
Read these verses, pray over them, and then dive even further into the Word.

Realize you can’t grow spiritually if you aren’t feeding yourself (1 Peter 2:2) a steady diet of the source of faith (Rom. 10:17).

Question: What are some passages that have helped you grow “in the grace and knowledge of our Lord and Savior Jesus Christ” (2 Pet. 3:18)?