

## Session 3: Choosing the believe the truth

**Hebrews 11:1-6:** by faith!

**Objective:** To understand that everyone lives by faith in something or someone and that faith in God is no more than finding out what is already actually true and choosing to believe and act on it. (It is *not* trying hard to believe something you know isn't really true.)

**Focus Truth:** God is truth. Find out what He has said is true and choose to believe it, whether it feels true or not, and your Christian life will be transformed.

### Review last session:

1. Look at the 'My Father God' list from the last session together. Which of these had particular significance to you? What did God say to you as you prayed through the list?
2. How did you get on learning the Prodigal Son story? Who did you tell it to? What did they think? Is there anything of more significance to you than it has been before? If this story is true, how does it affect your ongoing relationship with Jesus?

### New Material:

1. Read Hebrews 11:1-6 together, and the objective and focus truth.
2. As you read/listen to this story, ask yourself, "Jesus told the woman, 'Your belief/faith in me has healed you.' What did the woman believe about Jesus? How do you know?"

## Bleeding Woman

*Based on NLT*

### Introduction (Mark 5:21-24)

...a large crowd had gathered around *Jesus*.....*when* a leader of the local synagogue... arrived. When he saw Jesus he fell at his feet, pleading fervently with him *to go and heal his daughter who was dying*...Jesus went with him, and all the people followed, crowding around him.

### Mark 5:25-28

A woman in the crowd had suffered for twelve years with constant bleeding. She had suffered a great deal from many doctors, and over the years she had spent everything she had to pay them, but she *was* no better. In fact, she had *become* worse. She had heard about Jesus, so came up behind him through the crowd and touched his robe. For she thought to herself, "If I can touch his robe, I will be healed."

**Mark 5:29-31**

Immediately the bleeding stopped, and she could feel in her body that she had been healed of her terrible condition. Jesus realised at once that healing power had gone out from him, so he turned around in the crowd and asked, "Who touched my robe?" His disciples said to him, "Look at this crowd pressing around you. How can you ask, 'Who touched me?'"

**Mark 5:32-34**

But he kept on looking around to see who had done it. Then the frightened woman, trembling at the realization of what had happened to her, came and fell to her knees in front of him and told him what she had done. And he said to her, "Daughter, your faith/belief in me has made you well. Go in peace. Your suffering is over."

**Now retell this story in your own words...**

*Use one of the ideas for 'internalising the passage.'*

**Questions for Discussion: (Just ask the questions that didn't get covered when you 'retold' the story. Feel free to omit any questions that don't seem relevant to your situation or that feel redundant.)**

1. *What did you like about this story?*
2. *What bothered you about this story?*
3. *What does this story show you about God?*
  - a. *Can you think of a time when your belief led to action, and you stepped out to do something for God, and he answered in an amazing way?*
  - b. *Is there a time that you have struggled to 'press through' to reach out to God to help you with a situation, or to do something for God? Is there any reason you disqualify yourself from 'pressing through' to true belief in God?*
  - c. *Can you think of a time when you asked God to do something, but were disappointed because He didn't do it all or didn't do it in the way you asked? What did you conclude from that difficult experience?*
4. *What does this story show you about people?*
  - a. *Jesus told the woman, 'Your belief/faitn in me has healed you.' What did the woman believe about Jesus? How do you know?*
  - b. *Are there any areas where 'the crowd' / people in your life are causing an obstruction between you acting on what you say you believe about God? Consider that Jesus is the only one who will never let us down –He is the same yesterday, today and forever (Hebrews13:8).*

5. *How do the truths in this story apply to your life?*
- a. *If the following statement is true, what do you need to do? **How much faith we have is determined by how well we know the one we put our faith in.***
  - b. *What are some of the ways that our faith can grow? In other words, what are some of the ways that we can know God better? Consider this: **You don't feel your way into good behaviour, you behave your way into good feelings.***  
**Read James 2:17-24**
  - c. *People tend to live according to what they really believe, not what they say they believe. Are there any areas where what you say you believe is not demonstrated in how you act? Based on this, what needs to change in your life? **Read 1 Kings 18:21***

### **To Take Away**

1. Read the "20 Cans of Success" list out loud every day. Then pick out a truth that is particularly appropriate to you, spend some time meditating on its truths using the Bible passages given, and make a decision to believe it regardless of feelings and circumstances.
2. Learn the Bleeding Woman story and practice it with at least one other person. Tell this story to yourself or read it every day and meditate on its truths. Put yourself in the woman's place and ask God to show you how he feels about you when reach out and trust him.

## 20 'Cans' of Success

1. Why should I say I can't when the Bible says I can do all things through Christ who gives me strength (Philippians 4:13)?
2. Why should I lack when I know that God shall supply all my need according to His riches in glory in Christ Jesus (Philippians 4:19)?
3. Why should I fear when the Bible says God has not given me a spirit of fear, but one of power, love and a sound mind (2 Timothy 1:7)?
4. Why should I lack faith to fulfil my calling knowing that God has allotted to me a measure of faith (Romans 12:3)?
5. Why should I be weak when the Bible says that the Lord is the strength of my life and that I will display strength and take action because I know God (Psalm 27:1; Daniel 11:32)?
6. Why should I allow Satan supremacy over my life when He that is in me is greater than he that is in the world? (1 John 4:4)?
7. Why should I accept defeat when the Bible says that God always leads me in triumph (2 Corinthians 2:14)?
8. Why should I lack wisdom when Christ became wisdom to me from God and God gives wisdom to me generously when I ask Him for it (1 Corinthians 1:30; James 1:5)?
9. Why should I be depressed when I can recall to mind God's loving kindness, compassion and faithfulness and have hope (Lamentations 3:21-23)?
10. Why should I worry and fret when I can cast all my anxiety on Christ who cares for me (1 Peter 5:7)?
11. Why should I ever be in bondage knowing that, where the Spirit of the Lord is, there is freedom (2 Corinthians 3:17; Galatians 5:1)?
12. Why should I feel condemned when the Bible says I am not condemned because I am in Christ (Romans 8:1)?
13. Why should I feel alone when Jesus said He is with me always and He will never leave me nor forsake me (Matthew 28:20; Hebrews 13:5)?
14. Why should I feel accursed or that I am the victim of bad luck when the Bible says that Christ redeemed me from the curse of the law that I might receive His Spirit (Galatians 3:13-14)?
15. Why should I be discontented when I, like Paul, can learn to be content in all my circumstances (Philippians 4:11)?
16. Why should I feel worthless when Christ became sin on my behalf that I might become the righteousness of God in Him (2 Corinthians 5:21)?
17. Why should I have a persecution complex knowing that nobody can be against me when God is for me (Romans 8:31)?
18. Why should I be confused when God is the author of peace and He gives me knowledge through His indwelling Spirit (1 Corinthians 14:33; 1 Corinthians 2:12)?
19. Why should I feel like a failure when I am a conqueror in all things through Christ (Romans 8:37)?
20. Why should I let the pressures of life bother me when I can take courage knowing that Jesus has overcome the world and its tribulations (John 16:33)?