

WEEK 1 | Believe, Know, <u>and</u> Do

What actually makes a difference in your life? What good beliefs do you have that you've noticed don't really change anything?

READ MATT. 7:24-25

24 "Therefore everyone who hears these words of mine and puts them into practice is like a wise man who built his house on the rock. **25** The rain came down, the streams rose, and the winds blew and beat against that house; yet it did not fall, because it had its foundation on the rock.**26** But everyone who hears these words of mine and does not put them into practice is like a foolish man who built his house on sand.

RESPOND

- 1. On your own faith journey, where would you say you are with *belief, knowing, and doing?* Are you not sure what you believe yet? Are you not sure if you know enough yet? Or do you know what you believe and desire to do what you see Jesus doing?
- 2. If faith is a muscle, how often would you say you exercise it during the week?
- 3. What are some things that are building your faith right now? Emptying it?
- 4. What keeps you from doing things that build your faith? These "things" Jesus identified as: *forgiving others, giving more than you want to, praying for your enemies, going the extra mile, and turning the other cheek*? (Read Matt. 5:1-12 for more things.)

REALITY

Jesus says "follow me", not just "believe in me."

DO THE STUFF: When You Need to Refill Your Faith

Say these words: *Jesus help me do the things you would have me do today.* Think this thought: *I will only change, if I make changes.* Pray this verse: *"*Everyone who hears these words of mine and puts them into practice is like a wise man who built his house on the rock."