

When My Faith Is Weak

Let's be real for a moment...living the Christian faith is sometimes hard. It's challenging. The world does much to keep us distracted as it puts ideas and opportunities in front of us that stand in opposition to the Godly life we desire to live. Despite our efforts to stay true to the faith, we sometimes struggle, stumble and may even fall. When that happens, does that mean we are "failures in the faith"? Should we just pack it in and throw it all away? What can we do when these times happen to us?

I want you to know, as a Christian business leader, you are not alone in experiencing the fluctuations of faith. The journey of faith is often characterized by peaks of spiritual fervour and valleys of doubt and uncertainty. These fluctuations are not signs of weakness or failure but rather opportunities for growth and deepening of faith.

Today, we will explore the significance of these challenging times and discuss three strategies that we can employ to help navigate through them, grounded in biblical principles.

Embrace the Reality of the Journey

It is important to acknowledge that experiencing highs and lows in faith is a natural part of the Christian walk. Even the most devout individuals in the Bible faced moments of doubt and struggle. Consider the story of David, a man after God's own heart, who experienced moments of spiritual triumph as well as deep despair.

In **Psalm 42:5**, David writes, *"Why, my soul, are you downcast? Why so disturbed within me? Put your hope in God, for I will yet praise him, my Saviour and my God."*

David's honesty about his struggles serves as a reminder that it is normal to wrestle with doubts and uncertainties.

Q: What are some of the factors or triggers that contribute to your moments of spiritual weakness?

Cultivate Spiritual Disciplines

In times of spiritual dryness, it is essential to lean into spiritual disciplines that supports intimacy with God. Just as physical exercise strengthens our bodies, spiritual disciplines such as prayer, meditation, scripture reading, and worship nourish our souls. Jesus himself set an example of prioritizing time alone with the Father, often retreating to solitary places to pray (**Luke 5:16**).

In **Matthew 4:4**, Jesus declares, *"Man shall not live on bread alone, but on every word that comes from the mouth of God."*

This highlights the vital role of scripture in sustaining our spiritual lives.

Q: What spiritual disciplines have been most effective in strengthening your faith in the past?

Seek Community and Accountability

One of the enemy's tactics is to isolate believers, leading them to believe that they are alone in their struggles. However, God designed us for community, knowing that we are stronger together than we are apart.

Hebrews 10:24-25 urges believers to *"consider how we may spur one another on toward love and good deeds, not giving up meeting together, as some are in the habit of doing, but encouraging one another—and all the more as you see the Day approaching."*

Surrounding ourselves with fellow believers, such as your Corpath forum group, who can offer support, encouragement, and accountability can help us navigate through challenging times.

Q: Who are the individuals in your life that you can turn to for spiritual support and encouragement?

Final Thought

We need to remember that the journey of faith is marked by both triumphs and trials. It is important to recognize that experiencing fluctuations in faith is not a sign of weakness but an opportunity for growth. By embracing the reality of the journey, cultivating spiritual disciplines, and seeking community and accountability, we can navigate through the ups and downs of faith with confidence and resilience.

Lastly, remember the words of Jesus in John 16:33, "In this world you will have trouble. But take heart! I have overcome the world." May these strategies empower you to overcome obstacles and continue to grow in your faith journey.

My Prayer

Heavenly Father, in moments of doubt and uncertainty, I come before You with an open heart and a seeking spirit. You are the anchor of my soul, the one who holds me steadfast in the midst of life's storms. When my faith wavers and my spirit feels weak, remind me to turn to You, knowing that You are my rock and my refuge.

Help me to surrender my doubts and fears to You, knowing that You are able to work all things for my good. Renew my faith and ignite within me a passion to seek Your face with all my heart.

Thank You, Lord, for Your grace that sustains me and Your mercy that endures forever. Strengthen me and restore my faith, so I may continue to walk in Your ways and fulfill the purpose You have ordained for my life.

In Jesus' name, Amen.



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