

How to Increase Your Faith (Even When You Struggle with Doubt)

Category: Faith & Spiritual Growth

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Faith is a curious thing.

It can feel strong one moment and fragile the next...

Not huge, soul-shaking doubt—but little whispers:

“What if it doesn’t work out?”

“Am I really hearing God right now?”

“Does what I’m doing actually matter?”

1. Feed Your Faith with God’s Word

“So then faith comes by hearing, and hearing by the word of God.” – Romans 10:17

Spend time daily in the Scriptures. Let God’s promises speak louder than your fears...

2. Speak Faith, Not Fear

Faith grows when we say what we believe. Fear grows when we say what we fear...

When Jesus was tempted, He said: “It is written...” (Matthew 4). Let’s do the same.

3. Remember What God Has Already Done

One of the best ways to strengthen your faith is to look back...

Like David facing Goliath, remind yourself: “God helped me with the lion and the bear. He’ll help me now.”

4. Walk by Faith, Not by Sight

“For we live by faith, not by sight.” – 2 Corinthians 5:7

Faith is an action word... 💡 Is there a faith step you’ve been hesitating to take?

5. Surround Yourself with People of Faith

We become like those we spend time with. Stay close to people who believe big and speak life...

Iron sharpens iron (Proverbs 27:17).

6. Be Honest with God About Your Doubts

“I do believe; help me overcome my unbelief!” – Mark 9:24

This prayer... wasn't rebuked by Jesus—it was honored.

Final Thoughts

You don't have to manufacture more faith. You just need to nurture what you have...

Small Group Discussion Guide

Topic

How to Increase Your Faith

Recommended Scripture

Mark 9:14–29, Romans 10:17, Hebrews 11:1, 2 Corinthians 5:7

Time

60–75 minutes

Opening Question

- What's one area of your life where you feel strong in faith right now?
- What's one area where doubt creeps in?

Read Together: Mark 9:14–29

- Why do you think the father in this story said, "I believe; help my unbelief"?
- What do you notice about Jesus' response to his honesty?

Discussion Questions

1. How can spending time in God's Word strengthen your faith? Share a specific verse.
2. How do your words affect your level of faith?
3. What past experiences of God's faithfulness encourage you today?
4. Has God asked you to take a step of faith before seeing the outcome?
5. Who do you surround yourself with?
6. What helps you process doubt and return to trust?

Action Steps

- ✓ Start a "faith journal." Write down 3 times God has been faithful.
- ✓ Memorize one Scripture about faith.
- ✓ Speak a faith declaration each morning this week.

Prayer Focus

- Pray for increased faith in each member.
- Ask God to reveal any steps of obedience.
- Invite the Holy Spirit to grow faith in the group.