

# Lifequakes

## STAYING SANE IN STRESSFUL TIMES

### LESSON 1 // KEEPING FAITH IN A FAITHLESS WORLD

**Big Idea:** As followers of Jesus in a faithless world, we need faith in Him that is active, unintimidated, patient, consistent, grateful and full of worship. This faith should be evident in our private walk with the Lord, in our families and in every aspect of our daily lives.

**Hebrews 11:7 (NIV)** *By faith Noah, when warned about things not yet seen, in holy fear built an ark to save his family. By his faith he condemned the world and became heir of the righteousness that is in keeping with faith.*

**James 2:17 (NIV)** *In the same way, faith by itself, if it is not accompanied by action, is dead.*

**Matthew 10:32-33 (NIV)** *Whoever acknowledges me before others, I will also acknowledge before my Father in heaven. 33 But whoever disowns me before others, I will disown before my Father in heaven.*

**Matthew 13:20-21 (NIV)** *The seed falling on rocky ground refers to someone who hears the word and at once receives it with joy. 21 But since they have no root, they last only a short time. When trouble or persecution comes because of the word, they quickly fall away.*

#### Start Talking:

How hard (or easy) is it for you to live as someone who believes in Jesus in a world that has rejected Him?

#### Start Thinking:

**Read Hebrews 11:7.** What do you learn about Noah's faith from these verses? How does this challenge and encourage you about your faith in Christ?

**Read James 2:17.** Why is it so important that we put our faith into action? What happens if we fail to do that?

**Read Matthew 10:32-33.** What are some practical ways you can "acknowledge" Jesus "before others"?

**Read Matthew 13:20-21.** How can troubles and challenges actually strengthen your faith in and witness for Christ?

#### Start Praying and Doing:

Pray for boldness in your faith that spurs you to live actively and unintimidated as a follower of Jesus. Look for practical ways this week to express your faith to others in what you say and what you do. Let God's love shine through you!