

# *She Believes*

## BOOK STUDY: SESSION TWO

with Debbie Lindell

**Hello again!** Thank you for joining me as we continue our journey through *She Believes*—and grow in our faith together. **This week we're exploring what it means to believe, and why, for many of us, we tend to overcomplicate faith** when it is actually meant to be very simple! In this week's study, we'll take a closer look at God's promise to answer our prayers when we come to him in faith. I hope you'll look back on our time as a place where you began to strengthen your faith and to pray more boldly and personally to a God who longs to answer you, his beloved daughter.

## SESSION TWO: BELIEVING YOUR HEART CAN CHANGE

(Chapters 5-8)

Remember the story I shared with you in chapter 6, the one about the extremely discouraging time that John and I went through in our marriage? After months of walking through tremendous stress, I began to believe my feelings and the lies that Satan was whispering to my soul. The struggle affected how I viewed John, to the point where I wondered if he might be having an affair. Finally, one night my frustration brought me face-to-face with what I was going to choose to believe—my fears or my faith in God.

That night in my garage, I made the decision to start praying like I believed what I believed—that God cared about my situation and that he was going to help me. As I walked through the rooms of our home, declaring battle on the lies of Satan and claiming the promises in God's Word, my heart began to change. The doubt, fear, and despair changed to confidence, courage, and hope in God! He heard and answered those prayers!

Let me ask you this: What are you walking through right now that you are desperately needing help with? And who or what are you trusting in for help and hope for your situation? The truth is, the answer to every challenge and difficulty that you face is found in one place—having faith that God will help you. Believing that God is real is one thing; believing that he cares about you and will respond to you when you pray to him is a whole different thing. He wants you to grow in your faith, from just believing that he is real to believing in him for every single area of your life.

So you might ask, “How do I take that step? How do I grow in my faith and trust in God?”

**REFLECTION TIME:**

***Open your Bible. Listen to Jesus. Write in your journal.***

Your relationship with God began by faith when you made the decision to believe in Jesus Christ as your Savior and follow him with all your heart. The Bible says that every believer is given a measure of faith. The question isn't whether you have faith but whether you are standing confidently on the faith you have been given and believing God for what you need. That, my friend, is how your faith will start to grow—by using what you have!

**Read Matthew 21:21-22 (AMP-CE):**

And Jesus answered them, Truly I say to you, if you have faith (a firm relying trust) and do not doubt, you will not only do what has been done to the fig tree, but even if you say to this mountain, Be taken up and cast into the sea, it will be done. And whatever you ask for in prayer, having faith and [really] believing, you will receive.

In this passage, Jesus caused a fig tree to wither right before his disciples' eyes, and then, using that as an example, he challenged them to start using their faith to pray bold, believing prayers.

With these verses as a backdrop, I want you to think about the following questions.

- Do you believe God answers prayer? How does your faith affect the way you pray?
- According to these verses, what is the one thing that hinders prayers from being answered?
- How do those verses challenge you to evaluate your faith?
- If you are feeling like your faith is weak, what is keeping it from growing stronger?
- If you ask God to help your faith in him to grow, what do you think will happen?

**Want to go deeper? I invite you to take a moment to consider how these verses relate to believing God and the promise of answered prayer.**

- That faith is real and active, even though we cannot see it.  
Read Colossians 2:7 and Hebrews 11:1.
- That God wants to be generous to you when you ask him for help.  
Read James 1:5-7.
- That there are times when we need God to strengthen our faith.  
Read Mark 9:17-24.
- That believing in God and what he says in his Word leads to salvation and joy. Read 1 Peter 1:8-9.

***THIS WEEK'S SCRIPTURE:***

And whatever you ask for in prayer, having faith and [really] believing, you will receive. (Matthew 21:22 AMP-CE)

***MY FAITH DECLARATION:***

I believe that God cares about whatever I am going through. Like a loving father, he is patiently waiting for me to look to him and ask for his help. With the faith I have in this moment, I choose to believe that he is going to hear my prayer. And as he empowers me to pray with confidence, I will wait with anticipation, knowing that as I ask according to God's will for my life, he will respond to me and help me with my situation.

***PERSONAL CHALLENGE:***

Write in your journal the things you need God to help you with. Be specific! Then purpose to make time each day to have an open, honest, and expectant conversation with God about the challenging things you are walking through. Saturate your home with bold and believing prayer, and as you pray with the faith that you have (even if it feels small right now), expect to see God work miracles in your home and your life!

***SISTERHOOD CHALLENGE:***

Share your commitment to grow in your faith with a friend. Talk about ways you can challenge one another to walk by faith. Pray together about those specific situations, and then watch what God does to build and strengthen your faith and answer those prayers! Who needs your encouragement in her faith journey? Ask her if you can pray about a specific situation in her life, and take time to pray with her. Watch what God does to build and strengthen your faith and hers.

***MY PRAYER FOR YOU:***

Dear heavenly Father, thank you for my friend. I pray that you would help her to reach out to you this week with confident, believing prayers. Encourage her faith by revealing how you are answering her prayers . . . even if the answer seems a bit different from what she expected. And as her faith grows, help her to become more and more confident in talking to you about anything, knowing that you are listening and responding when she does. In Jesus's name, amen.

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