

#INTHESSETIMES

fostering **faith**, holding on to **hope**, and living in **love**

24 One of the disciples, Thomas, "The Twin," was not there at the time with the others. 25 When they kept telling him, "We have seen the Lord," he replied, "I won't believe it unless I see the nail wounds in his hands—and put my fingers into them—and place my hand into his side." 26 Eight days later the disciples were together again, and this time Thomas was with them. The doors were locked; but suddenly, as before, Jesus was standing among them and greeting them.

John 20

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27 Then he said to Thomas, "Put your finger into my hands. Put your hand into my side. Don't be faithless any longer. Believe!" **28** "My Lord and my God!"

Thomas said. **29** Then Jesus told him, "You believe because you have seen me. But blessed are those who haven't seen me and believe anyway." **30** Jesus' disciples saw him do many other miracles besides the ones told about in this book, **31** but these are recorded so that you will believe that he is the Messiah, the Son of God, and that believing in him you will have life. John 20:27-31 (TLB)

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A traumatic event is an incident that causes physical, emotional, spiritual, or psychological harm. The person experiencing the distressing event may feel threatened, anxious, or frightened as a result. The person will need support and time to recover from the traumatic event and regain emotional and mental stability.

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3 Most Important Truths: Faith, Hope and Love

1Co 13:13 (NKJV) And now abide faith, hope, love, these three; but the greatest of these is love.

1Co 13:13 (NLT2) Three things will last forever—faith, hope, and love—and the greatest of these is love.

Foster Faith, Hold on To Hope and Live in Love

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Brene Brown on Faith and Church:

They are... "not like an epidural but more like a midwife who just stood next to me and said, "push! It's supposed to hurt."

"When it was hard to be a Jew, people stayed Jewish. When it was easy to be a Jew, people stopped being Jewish." - Rabbi Jonathan Sacks

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Ro 5:3 (NIV) Not only so, but we also rejoice in our sufferings, because we know that suffering produces perseverance; ⁴ perseverance, character; and character, hope. ⁵ And hope does not disappoint us, because God has poured out his love into our hearts by the Holy Spirit, whom he has given us.

"CONTAGION OF HOPE"

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NOTHING SPREADS LIKE FEAR

CONTAGION

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Doubting Thomas

Jn 20:25 (NIV) So the other disciples told him, "We have seen the Lord!" But he said to them, "Unless I see the nail marks in his hands and put my finger where the nails were, and put my hand into his side, I will not believe it."

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2Ti 2:13 (TLB) Even when we are too weak to have any faith left, he remains faithful to us and will help us, for he cannot disown us who are part of himself, and he will always carry out his promises to us.

Gal 2:20 (NKJV) I have been crucified with Christ; it is no longer I who live, but Christ lives in me; and the life which I now live in the flesh I live by faith in the Son of God, who loved me and gave Himself for me.

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Jn 20:27 (NKJV) Then He said to Thomas, "Reach your finger here, and look at My hands; and reach your hand here, and put it into My side. Do not be unbelieving, but believing."²⁸ And Thomas answered and said to Him, "My Lord and my God!"²⁹ Jesus said to him, "Thomas, because you have seen Me, you have believed. Blessed are those who have not seen and yet have believed."

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Unless we are willing to enter the brokenness of others...unless we are willing to love the world that God loves in all its difficulty and suffering then all of our affirmations of faith mean nothing.

Without Love Faith is Nothing!

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Cultivating Faith #inthesetimes

1. Embrace Doubt as part of the journey.

“Doubt is normal, but we can doubt our doubts.”

Mk 9:24 (NKJV) Immediately the father of the child cried out and said with tears, "Lord, I believe; help my unbelief!"

2. Faith is not about “Answers”.

Heb 11:1 (NKJV) Now faith is the substance of things hoped for, the evidence of things not seen. Hope. Love. Presence

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Cultivating Faith #inthesetimes

3. Meditate on God's Word

Ro 10:17 (NKJV) So then faith comes by hearing, and hearing by the word of God.

4. Focus on the right in this world not what is wrong.

Ps 118:24 (NKJV) This is the day the LORD has made; We will rejoice and be glad in it.

#INTHESIZES

Cultivating Faith #inthesetimes

5. Faith is More about Seeing

Mt 17:20 (NKJV) I say to you, if you have faith as a mustard seed, you will say to this mountain, 'Move from here to there,' and it will move; and nothing will be impossible for you.

We can get through this. There might be a Mountain, but we can climb it and can get to the other side—that is Faith. It is not about literally removing bad things. Perspective.

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Gal 5:6 (NIV) For in Christ Jesus neither circumcision nor uncircumcision has any value. The only thing that counts is faith expressing itself through love.

True Faith Expresses Itself through Love.

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