

# Exercising My Faith

## Steps to Faith Fitness...

### 1. The Reason for Faith - It pleases God.

*By faith Abraham, when called to go to a place he would later receive as his inheritance, obeyed and went, even though he did not know where he was going.* Hebrews 11:8

*And without faith it is impossible to please God, because anyone who comes to him must believe that he exists and that he rewards those who earnestly seek him.* Hebrews 11:6

### 2. The Enemy of Faith - Unbelief

*God also said to Abraham, "As for Sarai your wife... I will bless her and will surely give you a son by her... Abraham fell facedown; he laughed and said to himself, "Will a son be born to a man a hundred years old? Will Sarah bear a child at the age of ninety?"* Genesis 17:15-17

*(Genesis 16:1-2)*

*"If you can't?" said Jesus. "Everything is possible for him who believes." Immediately the boy's father exclaimed, "I do believe; help me overcome my unbelief!"* Mark 9:23-24

### 3. The Purifying of Faith - Sanctification

*Now faith is being sure of what we hope for and certain of what we do not see.* Hebrews 11:1

*Sanctify them through thy truth: thy word is truth.* John 17:17

#### **4. The Testing of Faith - Challenges.**

*When God tested Abraham, faith led him to offer his son Isaac. Abraham, the one who received the promises from God, was willing to offer his only son as a sacrifice.*

Hebrews 11:17

*Then Jesus told him, "Because you have seen me, you have believed; blessed are those who have not seen and yet have believed."*

John 20:29

#### **5. The Reward of Faith - Eternal Life**

*So then those who are of faith are blessed with believing Abraham.*

Galatians 3:9

*For (Abraham) was looking forward to the city with foundations, whose architect and builder is God.*

Hebrews 11:10

*{Christ paid the price} so that the blessing promised to Abraham would come to all the people of the world through Jesus Christ and we would receive the promised Spirit through faith.*

Galatians 3:14