

To:

From:

Date:







ZONDERVAN

The Weekly Faith Project

Copyright © 2019 by Zondervan

Requests for information should be addressed to: Zondervan,
3900 Sparks Dr., SE, Grand Rapids, MI 49546

ISBN 978-0-310-45332-1

Unless otherwise noted, Scripture quotations are taken from the Holy Bible, New International Version®, NIV®. Copyright © 1973, 1978, 1984, 2011 by Biblica, Inc.® Used by permission of Zondervan. All rights reserved worldwide. www.Zondervan.com. The “NIV” and “New International Version” are trademarks registered in the United States Patent and Trademark Office by Biblica, Inc.®

Scripture quotations marked ESV are taken from the ESV® Bible (The Holy Bible, English Standard Version®) copyright © 2001 by Crossway, a publishing ministry of Good News Publishers. Used by permission. All rights reserved.

Scripture quotations marked NCV are taken from the New Century Version®.
© 2005 by Thomas Nelson. Used by permission. All rights reserved.

Scripture quotations marked NLT are taken from the *Holy Bible*, New Living Translation.
© 1996, 2004, 2007, 2013 by Tyndale House Foundation. Used by permission of Tyndale House Publishers, Inc., Carol Stream, Illinois 60188. All rights reserved.

Any Internet addresses (websites, blogs, etc.) and telephone numbers in this book are offered as a resource. They are not intended in any way to be or imply an endorsement by Zondervan, nor does Zondervan vouch for the content of these sites and numbers for the life of this book.

All rights reserved. No part of this publication may be reproduced, stored in a retrieval system, or transmitted in any form or by any means—electronic, mechanical, photocopy, recording, or any other—except for brief quotations in printed reviews, without the prior permission of the publisher.

Cover design and hand-lettering: Connie Gabbert
Cover illustration: Tiffany Lausen
Interior design: Lori Lynch

Printed in China

19 20 21 22 23 / GRI / 16 15 14 13 12 11 10 9 8 7 6 5 4 3 2 1

THE WEEKLY Faith Project

*A Challenge to Journal, Reflect, and
Cultivate a Genuine Faith*



 ZONDERVAN®







Contents



<i>How to Use This Journal</i>	xv
--------------------------------	----

Faith Is . . .

<i>Week 1:</i>	Believing	2
<i>Week 2:</i>	Knowing the Character of God	4
<i>Week 3:</i>	Knowing Who You Are	6
<i>Week 4:</i>	Necessary	8
<i>Week 5:</i>	Relying on God	10
<i>Week 6:</i>	Forgiven	12
<i>Week 7:</i>	Accepting Grace	14
<i>Week 8:</i>	Healing	16
<i>Week 9:</i>	Knowing God Is Able	18
<i>Week 10:</i>	Love	20
<i>Week 11:</i>	Taking God at His Word	22
<i>Week 12:</i>	Knowing God Is Faithful	24
<i>Week 13:</i>	Choosing	26

What Faith Does

<i>Week 14:</i>	Dares	32
<i>Week 15:</i>	Reflects God	34
<i>Week 16:</i>	Moves Mountains	36
<i>Week 17:</i>	Sees the Fingerprints	38
<i>Week 18:</i>	Trusts	40
<i>Week 19:</i>	Gives	42

<i>Week 20:</i>	Loves . . . and Does	44
<i>Week 21:</i>	Asks the Father	46
<i>Week 22:</i>	Seeks the Will of God	48
<i>Week 23:</i>	Loves Courageously	50
<i>Week 24:</i>	Examines Itself	52
<i>Week 25:</i>	Carries	54
<i>Week 26:</i>	Encourages Faith	56
<i>Week 27:</i>	Goes and Tells	58
<i>Week 28:</i>	Takes Risks	60

When Faith Is Hard

<i>Week 29:</i>	Faith in Fear	66
<i>Week 30:</i>	Faith In Doubt	68
<i>Week 31:</i>	Faith When You Forget	70
<i>Week 32:</i>	Faith Is Worth the Fight	72
<i>Week 33:</i>	Faith Runs to Jesus	74
<i>Week 34:</i>	When Your Faith Isn't So Full	76
<i>Week 35:</i>	When God's Plans Change Everything	78
<i>Week 36:</i>	Jesus Prays for You	80
<i>Week 37:</i>	Faith Is Your Shield	82
<i>Week 38:</i>	Imperfect Faith Is Perfected	84

Faith Is for Growing

<i>Week 39:</i>	Faith Seeks God	90
<i>Week 40:</i>	Your Faith Is Made More Than Enough	92
<i>Week 41:</i>	Faith Is a Foundation to Build On	94
<i>Week 42:</i>	Faith Trusts God to Finish What He Started	96
<i>Week 43:</i>	Faith Seeks God's Guidance	98
<i>Week 44:</i>	Faith Seeks God's Correction	100
<i>Week 45:</i>	Faith Grows Deep Roots	102

Week 46:	Faith Perseveres	104
Week 47:	Faith Is a Lifelong Journey	106

Faith Is Rewarded . . .

Week 48:	With Peace	112
Week 49:	With Strength	114
Week 50:	With Comfort	116
Week 51:	With Perspective	118
Week 52:	With the Spirit	120









How to Use This Journal

For it is by grace you have been saved, through faith.

Ephesians 2:8

Faith is a living thing, growing and flourishing as you bask in the light of God's promises and drink in the evidences of His faithfulness. But faith starves when left alone in the cold and dark of busyness, neglect, and doubt.

This book is intended to help you nourish your faith, to help it thrive and grow. Each week you'll find thoughts, questions, and Scriptures for you to ponder. Doubts and fears will be carefully pruned away as you are encouraged to sink your roots deep into the truths of God's promises, the steadfastness of His love, and the reality of His faithfulness.

Record your thoughts, your prayers, and your questions here. Take note of all the ways you see God working in your life. And watch as your faith grows stronger, deeper, richer—blooming bright and beautiful as you draw ever nearer to God.









Faith Is . . .

*Faith is believing God is who He says He is
and that He will do all He says He will do.*

WEEK 1

Faith Is . . . Believing



Faith shows the reality of what we hope for; it is the evidence of things we cannot see.

Hebrews 11:1 NLT

Faith is believing. But it's more than that too. It's trusting that every word from God is true. Because every one is. It's expecting God to keep every promise He makes. Because He will. It's accepting that His love for you is perfectly complete and unconditional. Because it is. Faith isn't simply believing; it's allowing that faith to define who you are and who you will become.

How do you define faith? How does your faith define you?

.....

.....

.....

.....

.....

WEEK 2

Faith Is . . . Knowing the Character of God



God is light; in him there is no darkness at all.

1 John 1:5

Faith knows—and trusts—who God is. And who is He? He is the One who never leaves—not as God the Father (Deuteronomy 31:6), not as God the Son (Matthew 28:20), and not as God the Holy Spirit (John 14:16). He never lies (Titus 1:2), He never does wrong (Deuteronomy 32:3–4), and He never fails to keep a promise (Numbers 23:19). And you can put your full faith in Him because neither He nor His Word *ever* changes (Hebrews 13:8, Matthew 24:35).

In a world where everything changes, how crucial is it for you to know that God never does?

.....

.....

.....

.....

WEEK 3

Faith Is . . . Knowing Who You Are



*“Do not fear, for I have redeemed you; I have
summoned you by name; you are mine.”*

Isaiah 43:1

Faith is allowing God to define who you are. Not the world. Not family, friend, or enemy. And who does God say you are? You are His own treasured possession (1 Peter 2:9), His lavishly loved child (1 John 3:1). He knows every hair on your head and every tear you cry (Luke 12:7, Psalm 56:8). He writes your name on the palm of His hand (Isaiah 49:16). God knows you, and He calls you “Mine.”

Take a few moments to read the verses listed above for yourself. What do these verses say to your heart about who you really are?

.....

.....

.....

.....

WEEK 4

Faith Is . . . Necessary



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

Faith is necessary. For salvation, yes. For heaven, yes. But also for this: *pleasing God*. Just as the child longs to please the father, the faithful heart longs to please the heavenly Father. Yes, there are things you do that make Him smile, that make Him sing (Zephaniah 3:17). But if your desire is to truly please Him, give Him your trust and your faith.

What do you believe pleases God? Is faith your first answer? Or do you get caught up more in the doing than the believing?

.....

.....

.....

.....

Why do you believe your faith pleases God? Consider John 3:16 and 2 Peter 3:9. What do these verses tell you about what God most wants?

.....

.....

.....

.....

.....

.....

.....

.....

.....

.....

.....

.....

.....

.....

.....

.....

.....

.....

.....

.....

.....



WEEK 5

Faith Is . . . Relying on God



When you ask, you must believe and not doubt, because the one who doubts is like a wave of the sea, blown and tossed by the wind. That person should not expect to receive anything from the Lord. Such a person is double-minded and unstable in all they do.

James 1:6–8

Believe and not doubt. Those words are sobering, convicting, even a bit frightening. Because it's so easy to doubt, isn't it? The key lies in verse 8: the person who doubts is double-minded. That doesn't mean that you never have any doubts about how or when God will answer; it is that you never doubt that God is the answer.

Are you double-minded—relying on the world and on your own resources to see you through—even as you turn to God in prayer? Or are you fully relying on Him to give you the answers you need?

.....

.....

When you pray, are you sure God's answers will always be what is best for you? Consider Jeremiah 29:11 and Romans 8:28. What do these promises tell you about God's answers to your prayers? Do they strengthen your faith?

.....

.....

.....

.....

.....

.....

.....

.....

.....

.....

.....

.....

.....

.....

.....

.....

.....

.....

.....

.....

.....

.....



WEEK 6

Faith Is . . . Forgiven



Oh, what joy for those whose disobedience is forgiven, whose sins are put out of sight.

Romans 4:7 NLT

There is no need to carry all that baggage around. The mistakes you've made—and the ones you're going to make. The bad choices. The thoughtless words. The moments of outright rebellion. When you have faith, you can take all those things and leave them at the foot of the cross, knowing the price for those sins has already been paid. Faith means freedom from the penalties of sin—and it means you are forgiven.

When you lay your sins before God, what does He do with them? Consider 1 John 1:9 and Psalm 103:12.

.....

.....

.....

.....

.....

Be honest. What do you expect of yourself? In your home, family, friendships, and, yes, faith? What does God expect of you in each of those areas? Begin your answer by reading Micah 6:8—and notice that the word “perfect” is nowhere in it.

.....

.....

.....

.....

.....

.....

.....

.....

.....

.....

.....

.....

.....

.....

.....

.....



WEEK 7

Faith Is . . . Accepting Grace



God raised us up with Christ and seated us with him in the heavenly realms in Christ Jesus, in order that in the coming ages he might show the incomparable riches of his grace, expressed in his kindness to us in Christ Jesus.

Ephesians 2:6-7

Faith doesn't only mean you are forgiven. It doesn't only mean that you are freed from the penalty your sins earned. Faith means you are given grace—all the richest blessings of heaven that you could never, ever earn.

Forgiveness is sweet relief; grace is unending joy and delight.

How would you define the difference between *forgiveness* and *grace*?

.....

.....

.....

.....

What to you is the greatest blessing of grace?

.....

.....

.....

.....

.....

.....

.....

.....

.....

.....

.....

.....

.....

.....

.....

.....

.....

.....

.....

.....

.....

.....



WEEK 8

Faith Is . . . Healing



“If I only touch his cloak, I will be healed.”

Matthew 9:21

Twelve years. That’s how long she had bled, how long she had been ostracized, how long she had suffered at the hands of doctors who took her money and left her . . . still bleeding. But then Jesus came, and she dared to believe. “*If I only . . .*” You know the rest of this story from Matthew 9. She touched His cloak, and He said to her, “*Daughter . . . your faith has healed you*” (v. 22). Because faith is healing.

Faith reaches out to the One who heals and makes you whole. What is there in your life—heart, mind, body, or soul—that needs to be healed and made whole?

.....

.....

.....

.....

.....

While healing is sometimes everything we hope and expect, sometimes it is not. What is the greatest healing Jesus offers? Consider 1 Peter 2:24 as you answer.

.....

.....

.....

.....

.....

.....

.....

.....

.....

.....

.....

.....

.....

.....

.....

.....



WEEK 9

Faith Is . . . Knowing God Is Able



God is able to do whatever he promises.

Romans 4:21 NLT

Faith means knowing God is able to do all that He has promised. You may not understand how. You may not know where or when. It may seem utterly, completely impossible. But for all the things you do not know—for all the odds stacked against you—in faith, there is one thing you *do* know: God is able, and He will deliver that which He has promised to you.

Begin a list of all that God has promised you—and add to it with each new promise you discover in His Word. Begin with Psalm 121.

.....

.....

.....

.....

Which of God's promises is most important to you and your faith right now? Write out a prayer of praise declaring that you know He is able to keep that promise in your life.

.....

.....

.....

.....

.....

.....

.....

.....

.....

.....

.....

.....

.....

.....

.....

.....

.....

.....

.....

.....

.....

.....

