

Overcoming Unbelief

Mark 9:22b – 24 (NLT)

*Have mercy on us and help us, if you can.”²³ “What do you mean, ‘If I can?’” Jesus asked. “Anything is possible if a person believes.”²⁴ The father instantly cried out, “**I do believe, but help me overcome my unbelief!**”*

Unbelief speaks of not having faith.

Unbelief speaks of not trusting that what is desired will come to pass.

Unbelief speaks of doubting what God says about the situation.

I

It is possible to believe in God, but doubt what He says

Sarah doubted God’s promise to birth a child through her. *Genesis 18:13-14 (NIV) says, “Then the LORD said to Abraham, ‘Why did Sarah laugh and say, ‘Will I really have a child, now that I am old?’¹⁴ Is anything too hard for the LORD? I will return to you at the appointed time next year, and Sarah will have a son.”*

Gideon doubted that God could use him to deliver Israel. *Judges 6:39 (NLT) says, “Then Gideon said to God, Please don’t be angry with me, but let me make one more request. Let me use the fleece for one more test.”*

Thomas doubted that Jesus had been resurrected from the dead. *John 20:25* They told him, “We have seen the Lord!” *But he replied, “I won’t believe it unless I see the nail wounds in his hands, put my fingers into them, and place my hand into the wound in his side.”*

So the question is, why are “believers” tempted not to believe?

II

Unbelief often comes through disappointing circumstances

Unbelief can develop from frustration. (v18)

Unbelief can develop after waiting so long without receiving desired results. (v21)

Unbelief can develop out of fear that God cannot, or will not, help us (v22 b)

TLB says, “*have mercy on us and do something if you can.*”

III

Unbelief can be overcome

Unbelief can be overcome by fasting and prayer. *Matthew 17:19-21*

Unbelief can be overcome by learning what God says about your situation. *Romans 10:17*

Unbelief can be overcome by releasing the fear of circumstances and embracing God’s love for us. *1 John 4:18*

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