**The Establish Book Session 4 Notes**

Today we are going to talk about our fourth practise – Living by Faith.

**Discuss:** Turn to someone next to you and talk about the most courageous thing you have ever done!

**Faith is the lifestyle of the Righteous:** (1) The righteous will live by faith (Rom 1:17); (2) My righteous one will live by faith (Heb10:38); (3) We live by faith nor by sight (2 Cor 5:7); (4) I live by faith in the Son of God (Gal 2:20).

**What is Faith?**

**Video:** Alladin – To escape danger, Alladin asks Jasmine to take his hand and trust him as they leap off the balcony and later he asks her to trust him as he takes her on a ride on his magic carpet. And each time she demonstrates faith in him.

**What is faith?** Faith is taking a risk.

**What is faith?** Faith is trusting someone who invites you to do something.

**What is faith?** Faith is going without knowing where you are going.

**Moses and the Red Sea:** Faith is believing God’s Word, obeying it and watching God fulfil it.

**David and Goliath:** Faith is believing and trusting in the character and ability of God.

**Sick Woman:** Faith is knowing the heart of God and acting from a position of relationship. Luke 8:43-48.

**Ostrich:** Faith is not sticking your head in the sand hoping that the horrible world will go away. It does not deny reality but believes that God is able to change the facts based on His promises and power.

**How Do We Grow Our Faith?** (1) Feed on the Word, (2) Speak out the Word, and (3) Act on the Word.

**Two Kinds of Faith:** There are two kinds of faith that we need in our lives: faith to move mountains and faith to climb mountains.

**1. Mountain Moving Faith:** The first kind of faith is mountain-moving faith.

**Jesus calms the storm:** Jesus showed faith that moves mountains when he calmed the storm.

**Video:** Indiana Jones – The Step of Faith is an example of faith that moves mountains – that changes circumstances.

**We are called to have mountain-moving faith:** “If you have faith as small as a mustard seed, you can say to this mountain, 'move from here to there' and it will move. Nothing will be impossible for you.” (Matt 17:17-20)  A mountain is any problem or obstacle – like a financial need or disease.

**How do we release mountain moving faith?** It takes (1) Confession and (2) Action.

**(1) Confession:** Speak To The Mountain. "If you have faith as small as a mustard seed, you can SAY to a tree, ‘be uprooted and planted in the sea,' and it will obey you.” (Luke 17:6). *Speak to the mountain - don’t complain about it, wish it was gone, or even pray and ask God to move it. Take authority over it and command it to be moved!*

**(2) Action:** Take action in line with faith. “Faith by itself is dead, if it is not accompanied by action…I will show you my faith by what I do.” (James 2:17-26). Faith and actions work together - we have to act on our beliefs:

**Joshua:** Joshua marched his army around a city for 7 days before the wall fell down. (Joshua 6:16)

**David:** David picked up 5 stones, walked up to Goliath and used his sling to slay the giant.(1 Samuel 17:49)

**What do you do when faith doesn’t move the mountain?** Put on your hiking shoes! That’s where mountain climbing faith comes in!

**2. Mountain Climbing Faith:** A second kind of faith is mountain-climbing faith.

**Jesus invites Peter to walk on water:** Mountain climbing faith is what Peter showed when he walked on the water – and even though he got a bit wet – he still showed faith to actually walk on water!

**Boat heading into a storm:** Mountain climbing faith is the ability to head into a storm with confidence – knowing that Jesus will be with you and he will do whatever is needed to bring you through it safely.

**What do you do when your faith doesn’t move the mountain?** (1) Persevere. (2) Get others to believe with you. (3) Climb the mountain instead of trying to move it.

**Daniel:** God did not stop Daniel getting thrown into the den with the hungry lions – but he did keep him safe throughout the night and protected him from harm! (Daniel 6:23)

**Peter:** Peter got out of the boat and walked on the water. (Matthew 14:29)

**Get Out Of The Boat:** If you want to walk on water you have to get out of the boat.