

# Help Thou Mine Unbelief

- The Struggle of Unbelief
- The Source of Faith
- Steps to Overcome Unbelief
- The Glorious Victory of Faith
- A Faith that Obeys God

Life often confronts us, with trials that test the very core of our faith.

In Mark 9, a father came to Jesus, desperate for his son's healing.

With tears, he cried out:

- "Lord, I believe; help thou mine unbelief" ([Mk.9:24](#)).

This moment captures the **Reality** of human weakness, alongside the **Hope** of divine strength.

Today's lesson entitled, "**Help Thou Mine Unbelief**", will help us understand:

- The struggle of unbelief,
- The source of true faith,
- The steps God gives us, to overcome unbelief, and
- The victory of faith that overcomes the world.

Having introduced the plea of the desperate father, let us now turn to consider, the very real challenge that many face,

## I. The Struggle of Unbelief

To understand this struggle more clearly, let us look first at...

### A. The Honest Confession of Weak Faith

The father in [Mark 9](#) admitted both belief and unbelief at once. This shows humility before God.

- "Jesus said unto him, If thou canst believe, all things are possible to him that believeth. And straightway the father of the child cried out, and said with tears, Lord, I believe; help thou mine unbelief." ([Mk.9:23-24](#))

The father's tears remind us, that God values honesty more than pretense.

- "The Lord is **Nigh** unto them, that are of a broken heart; and **Saveth** such, as be of a contrite spirit." ([Psa.34:18](#))
- "...but to this man will I look, even to him that is poor and of a contrite spirit, and trembleth at My Word." ([Isa.66:2](#))

True faith begins with honesty.

God draws near, when we admit weakness.

But honesty also means facing...

### B. The Reality of Doubt

Peter himself, though bold, faltered when his focus left Christ.

The Biblical record states...

- "when he saw the wind boisterous, he was afraid; and beginning to sink, he cried, saying, Lord, save me. And immediately Jesus stretched forth His hand, and caught him, and said unto him, O thou of little faith, wherefore didst thou doubt?" ([Matt.14:30-31](#))

Peter's faith wavered, but the Lord still reached out His hand.

Thomas also struggled, until he could see for himself.

- Jesus said, "Reach hither thy finger, and behold my hands... and be not faithless, but believing." ([Jn.20:27](#))

Jesus did not reject Thomas, but strengthened him.

The Word warns us, that doubt is dangerous.

- “But let him ask in faith, **Nothing Wavering...**” ([Jas.1:6](#))
- “**Take heed**, brethren, lest there be in any of you, an evil heart of UNBELIEF, in **DEPARTING from the living God.**” ([Heb.3:12](#))

Even the psalmist admitted struggles.

- “But as for me, my feet were almost gone; my steps had well nigh slipped. For I was envious at the foolish, when I saw the prosperity of the wicked.” ([Psa.73:2-3](#))

Doubt is a common human struggle, but not undefeatable.

The first step is to be honest and recognize it.

God responds with mercy and strength, when we turn back to Him.

If unbelief is a real struggle, then where do we turn for...

## II. The Source of Faith

Scripture points us, to the clear and unchanging source of faith.

### A. Faith Comes by Hearing

- The Bible says, “So then **Faith cometh by hearing**, and **Hearing by the word of God.**” ([Rom.10:17](#))
- “These were more noble... in that they **Received the word with all readiness of mind**, and **Searched the Scriptures daily, whether those things were so.**” ([Acts 17:11](#))

John explained the purpose of Scripture itself.

- “But these are written, that ye might believe that Jesus IS the Christ, the Son of God; and that believing, ye might have life through His Name.” ([Jn.20:31](#))

From childhood, Timothy was grounded in Scripture.

- “And that from a child, thou hast known the holy scriptures, which are able to make thee wise unto salvation, through faith which is IN Christ Jesus.” ([2Tim.3:15](#))

Faith cannot be built on feelings—it must be built on the Word of God.

But hearing the Word is not enough, unless we believe that,

### B. God’s Power Strengthens Faith

...or believe in the power of the God who gave it.

Abraham trusted God, even when the promise seemed impossible.

- “He staggered not, at the promise of God through unbelief; but was strong in faith, giving glory to God; And being fully persuaded that, what He had promised, He was able also to perform.” ([Rom.4:20-21](#))

Paul reminded the church, of God’s great power toward believers.

- “And what is the exceeding greatness of His power, to us-ward who believe, according to the working of His mighty power.” ([Eph.1:19](#))

The necessity of faith is absolute.

- As “without faith, it is impossible to please Him: for he that cometh to God, must believe that He IS, and that He is a rewarder of them, that diligently seek Him.” ([Heb.11:6](#))

Faith is grounded not in ourselves, but in the Word of God and His demonstrated power, Which are the true sources of faith.

Knowing the source of faith, we now need to consider the Biblical...

### III. Steps to Overcome Unbelief

...and it begins with,

#### A. Prayer for Faith

Just like the father in Mark 9, the apostles prayed for stronger faith.

- “the apostles said unto the Lord, **Increase our Faith.**” ([Lk.17:5](#))

Prayer calms anxious or worried hearts.

- “Be careful for nothing; but in every thing, by prayer and supplication, with thanksgiving, let your requests be made known unto God. And the peace of God, which passeth all understanding, shall keep your hearts and minds, through Christ Jesus.” ([Phil.4:6-7](#))

Prayer invites God to strengthen us, where we are weak.

Along with prayer, we must also keep our focus where it belongs...

#### B. Focusing on Christ

The Christian’s gaze, must stay fixed on Jesus.

- “**Looking unto Jesus, the author and finisher of our Faith...**” ([Heb.12:2](#))

Paul told believers to set their minds above.

- “**Set your affection on things above, not on things on the earth.**” ([Col.3:2](#))
- He said, “Brethren, I count not myself, to have apprehended: but this one thing I do, **Forgetting those things which are behind, and Reaching Forth unto those things which are before,**<sup>14</sup> **I Press Toward the mark, for the prize of the high calling of God IN Christ Jesus.**” ([Phil.3:13-14](#))

Remember Peter’s failure again.

- When Peter looked away, he began to sink. (read [Matt.14:30-31](#))

Our faith weakens when distracted, but grows strong, when centered on Christ.

We also need one another—God never intended for faith to be lived in isolation.

And so, steps to overcome unbelief, would include...

#### C. Fellowship and Encouragement

We are called to assemble for mutual encouragement.

- “let us **Consider one another, to Provoke unto love and to good works: Not forsaking, the assembling of ourselves together...**” ([Heb.10:24-25](#))

Paul longed for mutual encouragement of faith.

- “That is, that I may be comforted together with you, by the mutual faith, both of you and me.” ([Rom.1:12](#))

Solomon spoke of the strength of companionship.

- “Two are better than one... for if they fall, the one will lift up his fellow.” ([Ecc.4:9-10](#))

We overcome unbelief through prayer, by fixing our eyes on Christ, and through godly fellowship.

Once unbelief is overcome, the question remains: **what is the end result of our faith?**  
Scripture shows us...

## IV. The Glorious Victory of Faith

...that is, what faith achieves when it conquers unbelief.

### A. Truly, Faith Overcomes the World

The believer's victory is secured by faith.

- "For whatsoever is born of God overcometh the world: and this is the victory that overcometh the world, even our faith." ([1Jn.5:4](#))

Paul reminds us that we are not just survivors, but conquerors.

- "Nay, in all these things, we are more than conquerors through Him, that loved us." ([Rom.8:37](#))

Faith is victorious, not defeated—it triumphs IN Christ.

### B. Faith Leads to Eternal Life

...that is, the reward of faith, is everlasting life.

- "For God so loved the world, that he gave his only begotten Son, that whosoever believeth IN Him, should not perish, but have everlasting life." ([Jn.3:16](#))

Peter explained, the ultimate goal of faith.

- "Receiving the end of your faith, even the salvation of your souls." ([1Pet.1:9](#))

The final result of faith, is eternal salvation.

Faith not only overcomes trials—it secures eternal life IN Christ.

Yet faith is never meant to remain only a conviction in the heart; it must be seen in a life of obedience. Let us now consider how true faith responds to God with action.

## V. A Faith that Obeys God

Sadly, many fail to recognize that,

### A. Faith Requires Obedience

- The Bible says, "**By faith** Noah, being warned of God, of things not seen as yet, **MOVED with fear, PREPARED an ark, to the SAVING of his house;**" ([Heb.11:7](#)).  
His faith was not passive; it obeyed God's command.
- Jesus, "being made perfect, He became the **AUTHOR of eternal salvation unto all them, that OBEY Him.**" ([Heb.5:9](#))
- James reminds us, "Even so faith, if it hath not works, is dead, being alone." ([Jas.2:17](#); [24](#); [19](#))

A faith that obeys God, includes...

### B. Faith and Baptism

Saving faith does not stop at belief—it moves us to obey the commands of Christ.

- "He that believeth **AND** is baptized shall be **SAVED.**" ([Mk.16:16](#))

A faith that obeys God, includes...

### C. Faithfulness in Living

True faith continues in daily obedience, not just in the beginning.

- "Be thou **Faithful** unto death, and I will give thee a crown of life." ([Rev.2:10](#))

## VI. Final Thoughts

Faith may start small, but God honors the heart that cries,

- “Lord, I believe; help thou mine unbelief.”

Through His Word, prayer, fellowship, and a steadfast focus on Christ, weak faith is **STRENGTHENED** and unbelief is **OVERCOME**.

This faith is not idle—it obeys.

- Like Noah, faith moves in reverent **Obedience** ([Heb.11:7](#)).
- Like Abraham, faith **Trusts** God’s promises ([Rom.4:20–21](#)).
- Such faith **Overcomes** the world ([1Jn.5:4](#)),
- **Secures** eternal life ([1Pet.1:9](#)),
- and **Remains Faithful** unto death ([Rev.2:10](#)).

The Lord still calls each of us today.

Will we hesitate in doubt, or step forward in obedient trust?

May our prayer always be, “**Help thou mine unbelief,**”  
and may our lives, show the victory of faith IN Christ Jesus.

The Lord invites, and we await to assist.

Won’t you **Come**...

[Hearing \(Rom.10:17\)](#), [Believing \(Heb.11:6\)](#), [Repenting \(Lk.13:3\)](#), [Confessing \(Acts 8:37\)](#) , and [Be Baptized INTO Christ \(Gal.3:26-27\)](#)

...while together, we stand and sing.