

**Greater Life Church Central***"Loving and Leading People to a Greater Life"*

Pastor Nate Stewart, Lead Servant

2770 Glebe Rd. Lemon Grove, CA 91945

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| admin@greaterlifesd.org| www.greaterlifesd.org**Growing In My Faith****A Four Week Women to Women Bible Study Series****Objective:**

This series encourages women who are struggling with faith, confidence in God, and spiritual consistency, especially in difficult seasons. Each lesson provides practical biblical guidance to help women trust God deeply, stand firm spiritually, and grow in confident faith.

Week 1: Faith When Feelings Are Heavy**Key Scripture: *Psalm 62:5-8*****Introduction**

Many women carry emotional weight silently. Responsibilities, disappointment, unanswered prayers, and private pain can make faith feel fragile. This passage teaches us how to anchor our souls in God when emotions feel overwhelming.

Key Terms

- Faith, confident trust in God's character and promises
- Hope, expectation rooted in God's faithfulness
- Refuge, a safe place of protection and security

Faith is not the absence of emotion, it is choosing to trust God in the middle of emotion.

Point 1. Speak to your soul, *Psalm 62:5*

- Faith sometimes requires self encouragement
- Spiritual maturity includes directing your thoughts toward God
- Waiting on God strengthens inner stability
- *Lamentations 3:24-26*



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Point 2. God is your secure foundation, *Psalm 62:6-7*

- God's stability does not change when life shifts
- Identity rooted in God produces confidence
- Salvation and security come from Him alone
- *Hebrews 6:19*

Point 3. Trust God at all times, *Psalm 62:8*

- Faith is not seasonal, it is continual
- Honest prayer builds deeper trust
- God welcomes every burden we carry
- *1 Peter 5:7*

Discussion Questions

- 1. What emotions most challenge your faith**
- 2. How do you encourage yourself spiritually**
- 3. What helps you wait on God without losing hope**

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Waiting is one of the greatest tests of faith. Many women grow discouraged when answers seem slow or silence feels long. This passage reminds us that God's timing is intentional and trustworthy.

Key Terms

- Vision, God's revealed plan and promise
- Appointed time, God's perfect and purposeful schedule
- Wait, active trust that refuses to give up

Delay does not mean denial, it often means development.

Point 1. Position yourself to hear God, *Habakkuk 2:1*

- Faith requires spiritual attentiveness
- Quiet posture creates space for God's voice
- Expectation strengthens spiritual focus
- *Psalms 27:14*

Point 2. Write the vision clearly, *Habakkuk 2:2*

- Clarity strengthens perseverance
- Remembering God's promises fuels endurance
- Written vision prevents forgetfulness
- Scripture, Proverbs 29:18

Point 3. Trust God's timing, *Habakkuk 2:3*

- God's promises are never late
- Waiting seasons grow patience and character
- Faith holds on when feelings want to quit
- *Isaiah 40:31*

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- 1. What distractions make it hard to hear God**
- 2. How can you create quiet space for Him**
- 3. What does spiritual expectation look like**
- 4. What promise from God are you holding onto**

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Self doubt can quietly weaken faith. Many women question their ability, worth, and calling. Gideon's story shows how God builds confidence in those who feel inadequate.

Key Terms

- Confidence, bold trust in God's power working through you
- Calling, God's divine assignment for your life
- Presence, God's empowering nearness

God does not call the qualified, He qualifies the called.

Point 1. God sees who you can become, *Judges 6:12*

- God speaks identity beyond present fear
- Divine perspective is greater than self perception
- Faith grows when we believe what God says
- *Jeremiah 29:11*

Point 2. Bring your questions to God, *Judges 6:13*

- Honest questions do not offend God
- Faith grows through real conversation with Him
- God responds with reassurance, not rejection
- Scripture, *Psalms 34:4*

Point 3. God's presence builds courage, *Judges 6:14-16*

- God's assignment comes with His empowerment
- Obedience unlocks confidence
- We are never sent alone
- Scripture, *Matthew 28:20*

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- 1. What insecurities affect your faith**
- 2. How do you see yourself versus how God sees you**
- 3. What promise helps you overcome doubt**
- 4. What questions have you been afraid to ask God**

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Faith is meant to grow, not remain stagnant. Spiritual maturity happens through intentional development. This passage outlines practical steps toward strong and fruitful faith.

Key Terms

- Diligence, intentional spiritual effort
- Virtue, moral excellence and integrity
- Fruitful, producing visible spiritual growth

Growing faith is built daily, not instantly.

Point 1. Build your faith intentionally, 2 Peter 1:5-6

- Faith requires spiritual discipline
- Growth happens through consistent practice
- Character strengthens spiritual stability
- *Hebrews 11:6*

Point 2, Spiritual growth protects you, 2 Peter 1:7

- Love and godliness guard the heart
- Christlike character strengthens relationships
- Mature faith reduces spiritual stumbling
- *Galatians 5:22-23*

Point 3. Growth leads to effectiveness, 2 Peter 1:8

- Fruitful faith impacts others
- Spiritual maturity increases usefulness
- Growing believers reflect Christ clearly
- Scripture, *Matthew 5:16*

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- 1. What spiritual habits need strengthening**
- 2. Where have you seen personal growth**
- 3. What area needs more discipline**
- 4. Which fruit of the Spirit needs development**

Closing Encouragement

Faith grows even in hard seasons. As women trust God deeply and walk with Him daily, confidence rises, hope strengthens, and spiritual stability becomes a testimony to others.