

Faith_01

Script References

Introduction

Alexis: What is up?! I'm Alexis—

Eli: —and I'm Eli, and welcome to the session. The next three videos are all about faith.

Alexis: To have faith in God as your Creator is to live by the conviction that your life comes from him and is for him.

Made in God's Image

Eli: In Genesis 1:27, we get a glimpse of God's design of people. It reads:

So God created human beings in his own image, in the image of God he created them; male and female he created them. (Genesis 1:27)

Alexis: So, wait a minute, if God made us in his own image, then why do you look like that?

Eli: Harsh! You know that's not what it means. God's image isn't about our appearance, it's about our God-given vocation. Made in God's image means we were made to uniquely reflect God's character in the world.

Alexis: So when you show mercy, stand for justice, or love someone with nothing in it for you, you are living up to your calling as God's image bearer.

Eli: You're not in this alone. The Holy Spirit works in you every day to make you more like Jesus, and he is the only perfect image of God.

Alexis: *How does knowing God as your Creator affect how you understand your place and purpose in the world? What about God's design are you excited or thankful for today? Pause the video and write down your thoughts.*

Perspective Shift

Eli: When you lean into this kind of faith, it changes your perspective. Knowing that God gives you your identity, that he desires to work in the world through you, should get you excited!

Every day you wake up is a gift from the Creator, and everyday is an opportunity to live up to your calling to reflect him to the world.

Alexis: The thing is - growing in your faith doesn't just happen overnight. You can't just wake up one day and decide to change your perspective.

Eli: It's easy to say you believe God is your Creator, and to say you're made in God's image, but to live like it's true, to see the world - and yourself - through the lens of that faith – that takes intentionality. It takes practice.

Practicing Faith

Alexis: Better yet, it takes practices, or what you may have heard called “spiritual disciplines.” These are the habits and rhythms that train followers of Jesus to be more like him.

Eli: Think of them like exercises. Professional athletes don't just wake up and decide to be champions. No! They have to train their bodies everyday. Listen to what Paul wrote in 1 Corinthians–

Do you not know that in a race all the runners run, but only one gets the prize? Run in such a way as to get the prize. Everyone who competes in the games goes into strict training. They do it to get a crown that will not last, but we do it to get a crown that will last forever. (1 Corinthians 9:24-25)

Alexis: Spiritual disciplines are our way of training ourselves for the life of faith. Today we're going to start with the most basic one - reading and meditating on Scripture.

Meditating on Scripture

Eli: This practice is so important because the Bible is God's Word – that means the more you immerse yourself in it, the more you'll be able to hear and recognize God's voice in your life.

For example, look at Psalm 19 – “The heavens declare the glory of God; the skies proclaim the work of his hands.”

When you look up at the night sky, what do you see? Little specks of light? Big balls of gas burning lifelessly millions of miles away?

Well, David looked up and saw some of God’s most magnificent creatures singing praise to their Creator. That’s the kind of perspective I want to have.

- Alexis:** Psalm one-nineteen is the longest psalm - in fact, it’s the longest chapter in the Bible - and it is all about the benefits of meditating on God’s Word. I want you to take a minute and *open Psalm 119. Write down five ways studying scripture benefits you.*
- Eli:** There is simply no better way to get to know God and be formed in his image than by reading his inspired words. And yet, I’m also very aware that “reading the Bible” isn’t as easy as it sounds. The Bible is huge and weird and it was written by people living in very different cultures from ours.
- Alexis:** But that’s kind of part of the point. If reading the Bible was easy, you might just read it once and then put it back on the shelf. Instead, God wants us to spend time in his Word, exploring it, studying it, wrestling with it, and praying it.
- Eli:** And God wants us to read it with each other, in community, so that instead of every person interpreting it through their own personal experiences, we interpret it with the help of the church.
- Alexis:** Eli, what tips would you give to someone who wants to develop the habit of reading the Bible on a daily basis?
- Eli:** Well, first I’d say, try different things to see what works for you– Maybe you’re the kind of person who can sit for an hour with the Bible and your journal and just go hard. Or maybe you’re constantly on the go and you want to listen to an audio Bible.
- Alexis:** Yeah, and I’d also say, start small. Developing good habits takes time. Instead of committing to a two hour study session every morning, maybe start with a 20 minute devotional and build from there.
- Eli:** That’s good. And it can also be really helpful to have a plan so you know in advance what you’re going to be reading every day. And, like I said,

to read with other people! Find a friend who will do the same reading plan as you so you can talk about it together.

Alexis: *What has your spiritual discipline of reading and meditating on God's Word looked like in the past? What do you want it to look like in the future? What practices might you put into place now to get there? Pause the video and write down your thoughts.*

We've covered a lot of ground today. To recap: God is your Creator. Your life comes from him and is for him. And you can grow in your faith through the spiritual discipline of reading and meditating on his Word. Next time, we'll talk about how Jesus makes a way for me to live with God and invites me to follow him all my life.