



Discussion Guide for “I Believe” *Believe Week 1*

For many, belief is the beginning of a relationship with God. But many others struggle with knowing what Christians actually believe. Many more have doubts and questions that are not easily quieted. Is belief really a barrier to a relationship with God? Or can we learn to follow as we learn to believe? Can believe be an invitation to a deeper trust in the God who wants to help our unbelief?

Scriptures for Further Reading

[Mark 9:20-27](#)

[James 2:14-20](#)

[Matthew 25:31-46](#)

[James 3:1-12](#)

[1 Timothy 4:7-12](#)

Passage for Sacred Reading:

A sacred reading is a method of reading Scripture that invites God to speak to us through the text. If you have never done a sacred reading, here is [a simple step-by-step guide](#). This week’s passage is [James 3:1-12](#).

Questions for Discussion

1. What about Christianity do you find easy to believe? What questions do you have?
2. Why do you think we treat belief as the gateway to faith?
3. According to James, behavior is as important as belief. Share a time you behaved like Jesus, even when you had questions and doubts. How did that affect your beliefs?
4. What does it mean to say, “I believe, help my unbelief!”?
5. How can you behave even as you’re learning to believe this week?