

SELAH Devotional

Essentials 2 : Faith in Jesus

Scripture: *“Immediately the boy’s father exclaimed, ‘I do believe; help me overcome my unbelief!’”* **Mark 9:24**

Stop

Pause and remember a moment when your faith felt stretched thin: when prayers felt unanswered, when fear or frustration drowned out your confidence in God.

That’s where this story begins: a father who believes, but barely. His son is suffering, the disciples have failed, and he turns to Jesus in desperation.

Exhale

Take a slow breath.

The father’s cry—*“I believe; help my unbelief!”*—isn’t weakness; it’s honesty.

Jesus doesn’t scold him for lack of faith. He meets him right there, in the tension between belief and doubt, and turns his desperate plea into deliverance.

Look

The Greek word for faith, *pistis*, means *trust, allegiance, or faithfulness*.

It’s not just mental belief, it’s relational trust that acts.

Mark 9 and James 2 both remind us that **faith isn’t static**. The

disciples’ “faith by association” failed; the father’s “faith of desperation” worked only when expressed in dependence; and Jesus modeled the “faith of submission”: total trust in the Father’s will.

James later writes, *“Faith by itself, if not accompanied by action, is dead.”* (James 2:17)

Real faith doesn’t just agree with God; it obeys Him. It doesn’t just say *“I believe,”* it *lives like it*.

Ask

- Where am I living on borrowed faith—faith by association instead of faith by submission?
- When have I prayed, “Lord, I believe—help my unbelief”?
- What step of obedience might Jesus be inviting me to take this week as an act of trust?

Hear

Listen for Jesus’ gentle response: *“Everything is possible for one who believes.”*

He isn’t asking for perfect faith, just real faith.

The same Jesus who helped the father in Mark 9 is willing to meet you in your weakness, to grow your trust, and to turn your unbelief into a deeper dependence on Him.

Prayer Prompt:

“Lord Jesus, You know how small my faith can feel. I believe...help my unbelief. Teach me to trust You more fully, to obey You more readily, and to live as one completely submitted to Your will. Amen.”