

A man and a woman are in a gym, performing a plank exercise. They are both holding dumbbells in their hands, resting on the floor. The man is in the foreground, wearing a blue t-shirt and dark shorts. The woman is behind him, wearing a teal sports bra and black leggings. They are both looking forward with determination. In the background, there are several large exercise balls (red and blue) on a rack.

FAITH'S WORKOUT

The disciples cried out: “*Increase our faith!*”
(Luke 17:5)

1. Faith's Potential

Luke 17:3-4 *So watch yourselves. If your brother sins, rebuke him, and if he repents, forgive him. If he sins against you seven times in a day, and seven times comes back to you and says, "I repent," forgive him.*

Luke 17:6 *He replied, “If you have faith as small as a mustard seed, you can say to this mulberry tree, ‘be uprooted and planted in the sea’, and it will obey you.*





Luke 17:7-10 *[Jesus said] “Suppose one of you had a servant plowing or looking after the sheep. Would he say to the servant when he comes in from the field, ‘come along now and sit down to eat’?*

“Would he not rather say, ‘Prepare my supper, get yourself ready and wait on me while I eat and drink; after that you may eat and drink’?

“Would he thank the servant because he did what he was told to do?

“So you also, when you have done everything you were told to do, should say, ‘We are unworthy servants; we have only done our duty.’”

2. Faith's Thankfulness

Luke 17:11-14 *Now on his way to Jerusalem, Jesus travelled along the border between Samaria and Galilee. As he was going into a village, ten men who had leprosy met him. They stood at a distance, and called out in a loud voice, "Jesus, Master, have pity on us!" When he saw them, he said, "Go, show yourselves to the priests." And as they went, they were cleansed.*

Luke 17:17-19 *Jesus asked, "Were not all ten cleansed? Where are the other nine? Was no one found to return and give praise to God except this foreigner?" Then he said to him, "Rise and go; your faith has made you well."*

Luke 17:20-21 *Once, having been asked by the Pharisees when the kingdom of God would come, Jesus replied, "The kingdom of God does not come with your careful observations, nor will people say, 'Here it is' or 'There it is,' because the kingdom of God is within you.*

3. Faith's Persistence.

Luke 18:8b ...*When the Son of Man comes, will he find faithfulness on the earth?*

- What can rob us of faith-filled prayer?

QUOTE: *“If the dark is not peopled with a loved face, our busy imagination will fill it with horrible ones.”*

Parable of
Persistent
Widow.



- Persistent prayer comes from persistent faith.

Luke 18:7-8a *And will not God bring about justice for his chosen ones, who cry out to him day and night? Will he keep putting them off? I tell you, he will see that they get justice, and quickly...*

Luke 17:6 *He replied, "If you have faith as small as a mustard seed, you can say to this mulberry tree, 'be uprooted and planted in the sea', and it will obey you.*