

Program: SS Panel 2026 2 Q

Quarterly title: Growing in a Relationship With God

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Lesson Title: #08 Having Faith

Day Title: Wednesday - Examples of Faith

For Lesson Dates: May 16-22, 2026

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Note: This color and font = quarterly text

Note: This color and font = John Dinzey notes

First and Last Name 2026 Q2 L# Title of your days lesson

John Dinzey 2026 Q2 L08 Examples of Faith

]]> Emphasize this

Question:

>[=] Story:

REF:>>

*****READ*****

NIL: Not in Lesson

Lesson 8

**May 16–22*

Having Faith

SABBATH AFTERNOON

Read for This Week's Study: Mark 8:11, 12; Matt. 15:21–28; Luke 7:1–10; Eph. 2:8; Hebrews 11; Rev. 14:12.

Memory Text: "Faith shows the reality of what we hope for; it is the evidence of things we cannot see" (Hebrews 11:1, NLT).

WEDNESDAY

May 20

Examples of Faith

>>> in Hebrews, chapter 11 we have what we call the great faith chapter. This chapter is worthy of reading often to encourage her to keep holding on, trusting in the Lord, because he is faithful. Before we get into this chapter, let's set up the stage to see and find reasons why Paul, the author of Hebrews is presenting to us, this great chapter of faith.

Hebrews 10:21 21 and *having* a High Priest over the house of God,
22 let us draw near with a true heart **in full assurance of faith**, having our hearts sprinkled from an evil conscience and our bodies washed with pure water.
23 Let us hold fast the confession of *our* hope without wavering, **for He who promised is faithful**.
24 And let us consider one another in order to stir up love and good works,
25 **not forsaking the assembling of ourselves together**, as *is* the manner of some, but exhorting *one another*, and so much the more as you see the Day approaching.

Hebrews 10:35 35 Therefore do not cast away your confidence, **which has great reward**.
36 For you have need of endurance, so that after you have done the will of God, you may receive the promise:
37 "For yet a little while, *And* He who is coming will come and will not tarry.
38 **Now the just shall live by faith**; But if *anyone* draws back, My soul has no pleasure in him."
39 But we are not of those who draw back to perdition, but of those who believe to the saving of the soul.

Spend some time today studying Hebrews 11, the great faith chapter. Read it aloud first, without stopping. Then read it a second time, and write down your thoughts to the following questions:

- Reread verse 1. What do you hope for today that you cannot yet see?
(Think of immediate needs and eternal dreams.)

Hebrews 11:1 Now faith is the substance of things hoped for, the evidence of things not seen.

From: <https://www.collinsdictionary.com/dictionary/english/substance>

A **substance** is a solid, powder, liquid, or gas with particular properties.

From: <https://www.wordreference.com/definition/substance>

Substance:

1. the physical matter that makes up some thing, object, etc.;
2. the actual matter of a thing as opposed to its appearance: [*uncountable*] form and substance.
3. **Chemistry**
a particular kind of material, as of a definite chemical composition:
- 4.

Another dictionary:

The real physical matter of which a person or thing consist, and which has a tangible solid presence

Substance: G5287 (**Strong**) **ὑπόστασις** **hupostasis** hoop-os'-tas-is

From a compound of **G5259** and **G2476**; a *setting under* (*support*), that is, (figuratively) concretely *essence*, or abstractly *assurance* (objectively or subjectively): - confidence, confident, person, substance.

G5287 (**Thayer**) **ὑπόστασις** **hupostasis**

Thayer Definition:

- 1) a setting or placing under
 - 1a) thing put under, substructure, foundation
- 2) that which has foundation, is firm
 - 2a) that which has actual existence
 - 2a1) **a substance, real being**

QUESTION: IS Faith important?

- What role does faith play in your personal testimony and in your conversion?

Ephesians 2:8 For by grace you have been saved through faith, and that not of yourselves; *it is* the gift of God,

- Read verse 3 again, about God and Creation. Why, in many ways, should the existence of the Creator God be the easiest thing to take on faith?

Hebrews 11:3 By faith we understand that the worlds were framed by the word of God, so that the things which are seen were not made of things which are visible.

>>> Talk about creation???

- > The miracle of procreation
- > heart beats 24 hours
- > feeling
- > the circulatory system
- > digestive system
- > etc

- Read verse 6 and write the message of this verse in your own words.

Hebrews 11:6 But without faith *it is* impossible to please *Him*, for he who comes to God must believe that He is, and *that* He is a rewarder of those who diligently seek Him.

>[=] Lady called 86 years old? More faith

We can ask the Lord to increase our faith

Luk 17:5 And the apostles said unto the Lord, Increase our faith.

- Verses 7–40 unpack the lives of various biblical personages. Why is faith the central factor that defines the strength of these people's relationship with God?

By faith Noah

Hebrews 11:7 7 By faith Noah, being divinely warned of things not yet seen, moved with godly fear, prepared an ark for the saving of his household, by which he condemned the world and became heir of the righteousness which is according to faith.

Faithful Abraham

Hebrews 11:8 By faith Abraham obeyed when he was called to go out to the place which he would receive as an inheritance. And he went out, not knowing where he was going.

9 By faith he dwelt in the land of promise as *in* a foreign country, dwelling in tents with Isaac and Jacob, the heirs with him of the same promise;

10 for he waited for the city which has foundations, whose builder and maker *is* God.

11 By faith Sarah herself also received strength to conceive seed, and she[d] bore a child when she was past the age, because she judged Him faithful who had promised.

12 Therefore from one man, and him as good as dead, were born *as many* as the stars of the sky in multitude—innumerable as the sand which is by the seashore.

> [=] My mother-in-law... Hi papi!

By faith Abraham

Hebrews 11:17 17 By faith Abraham, when he was tested, offered up Isaac, and he who had received the promises offered up his only begotten *son*,

18 of whom it was said, “In Isaac your seed shall be called,”

19 concluding that God *was* able to raise *him* up, even from the dead, from which he also received him in a figurative sense.

Knowing God and having a living, strong relationship with Him requires faith. How can you strengthen your faith or encourage someone whose faith is wavering? Here are just a few ideas:

A tiny faith (like a mustard seed) is powerful and is all you need in order to grow a relationship with God (Matt. 17:20). As long as you’re willing to work with Him, God will help your faith grow.

Faith comes from hearing God speak to us in His Word, the Bible (Rom. 10:17). Commit to daily Bible study and prayer.

Ask God to increase your faith (Luke 17:5). As did the father who came to Jesus with a possessed child and who “cried out and said with tears, ‘Lord, I believe;

help my unbelief!' " (Mark 9:24, NKJV), we can recognize our unbelief and ask for God to increase our faith.

Faith and doubt can exist together (*Mark 9:24*). Don't walk away from God simply because you have questions. In fact, it's important to work out your salvation with fear and trembling (*Phil. 2:12–16*) and to “own” your faith rather than borrow it from another, as five of the virgins tried to do (*Matt. 25:8*).

Respond to the Holy Spirit and ask for more of Him in your life.

READ

Exercise your faith. Remember that faith is not a feeling, but a decision to believe. Remember that even in darkness, when you can't see Him, God is there (2 Cor. 5:7).

2Co 5:7 (For we walk by faith, not by sight:)

2 Corinthians 4:18 (KJV) 18 While we look not at the things which are seen, but at the things which are not seen: for the things which are seen are temporal; but the things which are not seen are eternal.

As a personal **prayer of thanks to God for His faithfulness**, consider the words from the hymn "Great Is Thy Faithfulness."

[illegible]

Additional Notes

Hebrews 11:20 20 By faith Isaac blessed Jacob and Esau concerning things to come.

21 By faith Jacob, when he was dying, blessed each of the sons of Joseph, and worshiped, *leaning* on the top of his staff.

22 By faith Joseph, when he was dying, made mention of the departure of the children of Israel, and gave instructions concerning his bones.

The Faith of Moses

23 By faith Moses, when he was born, was hidden three months by his parents, because they saw *he was* a beautiful child; and they were not afraid of the king's command.

24 By faith Moses, when he became of age, refused to be called the son of Pharaoh's daughter, **25** choosing rather to suffer affliction with the people of God

than to enjoy the [g]passing pleasures of sin, **26** esteeming the [h]reproach of Christ greater riches than the treasures [i]in Egypt; for he looked to the reward. **27** By faith he forsook Egypt, not fearing the wrath of the king; for he endured as seeing Him who is invisible. **28** By faith he kept the Passover and the sprinkling of blood, lest he who destroyed the firstborn should touch them. **29** By faith they passed through the Red Sea as by dry *land*, *whereas* the Egyptians, attempting to do so, were drowned.

By Faith They Overcame

30 By faith the walls of Jericho fell down after they were encircled for seven days. **31** By faith the harlot Rahab did not perish with those who [j]did not believe, when she had received the spies with peace. **32** And what more shall I say? For the time would fail me to tell of Gideon and Barak and Samson and Jephthah, also of David and Samuel and the prophets: **33** who through faith subdued kingdoms, worked righteousness, obtained promises, stopped the mouths of lions, **34** quenched the violence of fire, escaped the edge of the sword, out of weakness were made strong, became valiant in battle, turned to flight the armies of the aliens. **35** Women received their dead raised to life again. Others were tortured, not accepting deliverance, that they might obtain a better resurrection. **36** Still others had trial of mockings and scourgings, yes, and of chains and imprisonment. **37** They were stoned, they were sawn in two, [k]were tempted, were slain with the sword. They wandered about in sheepskins and goatskins, being destitute, afflicted, tormented— **38** of whom the world was not worthy. They wandered in deserts and mountains, *in* dens and caves of the earth. **39** And all these, having obtained a good testimony through faith, did not receive the promise, **40** God having provided something better for us, that they should not be made perfect apart from us.

Perseverance in prayer has been made a condition of receiving. **We must pray always if we would grow in faith and experience.** We are to be “instant in prayer,” to “continue in prayer, and watch in the same with thanksgiving.” Romans 12:12; Colossians 4:2. Peter exhorts believers to be “sober, and watch unto prayer.” 1 Peter 4:7. Paul directs, “In everything by prayer and supplication with thanksgiving let your requests be made known unto God.” Philippians 4:6. “But ye, beloved,” says Jude, “praying in the Holy Ghost, keep yourselves in the love of God.” Jude 20, 21. Unceasing prayer is the unbroken union of the soul with God,

so that life from God flows into our life; and from our life, purity and holiness flow back to God. SC 97.2

Truth, O how precious is truth pervading the heart! It longs for expression. A word of comfort spoken here and there is freighted with good, for the Spirit gives it efficiency and power. We shall never gain anything by looking at ourselves and mourning over our sins. Jesus—look to Jesus! Rejoice in His love, for He is very, very precious. Talk faith, hope, and courage, and your faith will grow strong and firm and unwavering. 7LtMs, Lt 91, 1892, par. 8

Our faith must be continually exercised in order to grow. We need to cultivate faith, for we shall need strong faith to stand the perils and pressure of the last days. 6LtMs, Ms 21, 1889, par. 15

Now, brethren, you have educated yourselves so much in doubts and questionings that you have to educate your souls in the line of faith. You have to talk faith, you have to live faith, you have to act faith, that you may have an increase of faith. Exercising that living faith, you will grow to strong men and women in Christ Jesus. God grant that this meeting that we are holding may be a meeting where the Sun of Righteousness may rise upon you and shine in your hearts with its clearest rays, making you all lights in the world. 6LtMs, Ms 1, 1889, par. 65

We should grow daily in faith in order that we may grow up to the full measure of the spiritual stature in Christ Jesus. We should believe that God will answer our prayers and not trust to feeling. We should say, My gloomy feelings are no evidence that God has not heard me. I do not want to give up on account of these sad emotions; for “faith is the substance of things hoped for, the evidence of things not seen.” [Hebrews 11:1.] The rainbow of promise encircles the throne of God. I come to the throne, pointing to the sign of God’s faithfulness, and cherish the faith that works by love and purifies the soul. 10LtMs, Lt 97, 1895, par. 48

We are not to believe because we feel or see that God hears us. We are to trust to the promise of God. We are to go about our business believing that God will do

just what He has said he would do, and that the blessings we have prayed for will come to us when we most need them. Every petition enters into the heart of God when we come believing. We have not faith enough. We should look upon our heavenly Father as more willing to help us than an earthly parent is to help his child. Why not trust Him? "He that spared not His own Son, but delivered Him up for us all, how shall he not with Him also freely give us all things." [Romans 8:32 10LtMs, Lt 97, 1895, par. 49

Faith should be cultivated. If it has become weak it is like a sickly plant that should be placed in the sunshine and carefully watered and tended. The Lord would have every one who has had light and evidence cherish that light and walk in its brightness. God has blessed us with reasoning powers so that we may trace from cause to effect. If we would have light we must come to the light. We must individually lay hold on the hope set before us in the gospel.... How foolish it would be to go into a cellar, and mourn because we were in the dark. If we want light we must come up into a higher room. It is our privilege to come into the light, to come into the presence of God....

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