

Adult Teachers  
Sabbath School  
Bible Study Guide

April | May | June 2026

# GROWING IN A RELATIONSHIP WITH GOD

## HAVING FAITH

Lesson 8 Study Notes[ABSG-2-2026]

May 16 - 22

# Disclaimer

These notes are prepared to support personal and group Bible study. While written with care and in harmony with Scripture, the Sabbath School Quarterly Guide, and the Spirit of Prophecy, they are not an official publication of the Sabbath School Department of the General Conference of Seventh-day Adventist Church. The Reader is encouraged to rely first on the Bible, together with the Sabbath School Quarterly Guide and the Spirit of Prophecy writings.

# Lesson 8 [May 16-22]: Understanding the Memory Text

“Faith shows the **reality** of what we **hope for**; it is the **evidence** of things we **cannot see**.” — Hebrews 11:1 (NLT)

- We live in a world filled with **uncertainty**.
- Questions, disappointments, and struggles can easily shake our **confidence**.
- Yet **God** calls His people to live by **faith**.
- **Understanding Hebrews 11:1** helps us see that faith is **not merely believing** that **God** exists.
- **Faith** is learning to **trust Him every day**, even when we cannot fully see what He is doing.

## “Faith shows the reality...”

- **Faith** makes **God's promises real** to us.
- We cannot **see heaven** with our eyes.
- We cannot **physically see Jesus** standing beside us.
- Yet through **faith**, His **presence** becomes **real** in our **hearts**.
- This memory text reminds believers that **Satan** constantly tries to **weaken faith** through **doubt, fear, and unbelief**.
- But **God** calls us to **walk by faith** and **not by sight** (2 Corinthians 5:7).
- Like **Abraham** leaving his homeland, or **Moses** turning away from Egypt's treasures, **biblical faith** trusts **God before the answer appears**.

## “...of what we hope for...”

- The **hope God** gives is **not empty wishing**. It is a **quiet confidence** that He will **keep His Word**.
- As Christians, we hope for:
  - **Forgiveness**
  - **Victory over sin**
  - **Christ's soon return**
  - **Eternal life**
- Sometimes prayers seem **delayed**. Sometimes life becomes **confusing**.
- But **faith** continues **holding onto God's promises**.
- The woman who came to **Jesus** in **Matthew 15** refused to give up.
- The **centurion** believed **Jesus** could heal from far away.
- Their **faith** rested **fully in Christ**.

## “...it is the evidence...”

- **Faith** gives **assurance** because it rests on **God's character**.
- **Feelings** change often. Some days we feel **spiritually strong**.
- Other days we may feel **distant, discouraged, or weak**.

- But **God** remains **faithful**.
- This lesson teaches that **faith is not a feeling**.
- It is a **decision to trust God** even in **difficult moments**.
- The father who cried, “**Lord, I believe; help my unbelief!**” shows us that even **trembling faith** can still **reach Jesus**.

### “...of things we cannot see.”

- Much of the **Christian life** involves **trusting what is unseen**.
- We cannot see the **Holy Spirit** working in the **heart**, yet He **changes lives every day**.
- We cannot yet see **Jesus** returning in **glory**, yet by **faith** we **prepare for that day**.
- This is why **Revelation** describes **God's last-day people** as those who keep “**the faith of Jesus**” (**Revelation 14:12**).
- They continue **trusting Him through trials** because **Jesus Himself** trusted the Father completely, even in **Gethsemane** and at the **Cross**.

### What This Means for You

- Maybe your **faith** feels **weak** today. **Do not lose courage**.
- **Small faith** placed in a **great Savior** is still **powerful**. **Jesus** said faith like a **mustard seed** can **move mountains**.
- Do **not** wait until every **doubt** disappears before coming to **God**. Bring your **questions** to Him **honestly**. He is **patient** with struggling believers.
- Keep **feeding your faith** through:
  - **Prayer**
  - **Bible study**
  - **Worship**
  - **Meditation on Scripture**
- **Faith grows** when we spend time with **Jesus** daily.
- And when life becomes **dark** or **uncertain**, remember this: **God** is still **leading your life**, even when you cannot yet see the **full picture**.
- **Hebrews 11:1** reminds us that faith is **holding onto God's hand** when the **road ahead is unclear**.
- One day, **faith** will become **sight**. Until then, **Jesus** invites us to **trust Him fully** and **walk closely with Him** every day.

# May 16: Sabbath Afternoon - Overview

## Summary

- **Faith** is the **foundation** of our relationship with **God**.
- Without **faith**, we cannot truly walk **closely** with **Him**.
- **Faith in God** during uncertain times helps believers **trust Him** even when life is **unclear**.
- It gives **confidence** in **God's promises** and **hope** for the future.
- Sometimes our **faith** becomes **weak**.
- Trials, disappointments, **fear**, and **doubt** can shake our trust in **God**.
- Many people ask **God** for **signs** before they choose to believe.
- But **God** has already given us many **reasons** to trust Him through His **Word** and His **leading** in our lives.
- **Faith** is **not** just a **feeling**.
- **Feelings** change often, but **biblical faith chooses** to believe God even during **difficult moments**.
- **God** gives **every person** a **measure** of faith.
- As we spend time with **Him** through **prayer** and **Bible study**, our **faith** grows **stronger**.
- The **Bible** shares many **examples** of people who lived by **faith**.
- Their lives teach us how to **trust God** during **uncertainty**, **suffering**, and **waiting**.
- **Jesus** showed **perfect faith** while living on earth.
- He **trusted** His Father **completely**, even during **suffering** and at the **Cross**.
- **God's last-day people** are described as those who keep His commandments and have **the faith of Jesus**.
- This faith helps believers **remain faithful** until the end.
- This week, we will study how **faith grows**, how to handle **doubt**, and how to **trust God** more deeply every day.
- The **goal of faith** is **not simply receiving blessings**.
- The goal is to **know God personally** and **walk with Him daily**.

## Main Points to Learn This Week

**Sunday:** We will learn why people often ask **God** for **signs** before believing. **Jesus** teaches us to **trust Him** instead of **depending only** on visible evidence.

**Monday:** We will study **examples** of strong faith and weak faith. **God** can **strengthen** our faith when we honestly bring our **doubts** to **Him**.

**Tuesday:** We will understand that **faith** is **not based on feelings**. Faith continues **trusting God** even during dark and **difficult** times.

**Wednesday:** We will study **Bible examples** of **faithful** men and women. Their lives show that faith leads to **obedience**, **endurance**, and **hope**.

**Thursday:** We will learn what it means to have “**the faith of Jesus**.” **Jesus** becomes our **perfect example** of complete trust in **God**.

Let's study this week's lesson and learn how to develop a **stronger, deeper**, and more **faithful walk** with **God**.

## May 17: Sunday - Just Give Me a Sign!

**Read:** Deuteronomy 4:7–10; 8:2–3; Matthew 24; Mark 8:11–12; John 20:29; Hebrews 11:1; John 20:30–31

### Summary

- Many people think **faith** would be **easier** if they saw **miracles** for themselves.
- Some believe they would **trust God** more if they witnessed **signs** like the **Red Sea** opening or **manna** falling from heaven.
- But the **Israelites** saw these **miracles** and still **struggled** with **unbelief**.
- This lesson shows that **miracles** alone do **not change the heart**.
- Today, we have the **full Bible** and **thousands of years** of **God's leading** recorded for us.
- We can **look back** and see how **faithful God** has been throughout **history**.
- **Jesus** spoke about **signs of the last days** in **Matthew 24**.
- Many of these **prophecies** are being **fulfilled** around us today.
- The **Pharisees** asked **Jesus** for **more signs**.
- Yet He had already **healed the sick, raised the dead**, and performed many **miracles**.
- Their problem was **not lack of evidence**.
- Their **hearts** were **unwilling to believe**.
- **Ellen White** explains that what the Jews truly needed was **spiritual renewal**. The same is **true** for us today.
- We may understand many **Bible truths** and still lack a **close relationship** with **God**.
- **Faith** is **not blind**.
- **God** has already given **strong reasons** to believe through:
  - His **Word**
  - **Prophecy**
  - **Creation**
  - **Personal experience**
- **Doubts** may come at times. But believers should focus more on what **strengthens faith** than on what **weakens** it.
- **Jesus** told **Thomas** that those who **believe without seeing** are **blessed**.
- **God** wants us to **trust Him** because we know His **character** and His **love**.

**Question:** Why do you think people still struggle with **unbelief** even after seeing clear **evidence** of **God's power**?

**Answer:** Because **unbelief** is often a **heart problem** more than an **evidence problem**. People may see **God's power**, yet still resist **surrendering** their **lives** fully to **Him**. **True faith** grows when the **heart** is **humble** and **willing to trust God**.

**Reflection:** **Miracles** alone do **not** make people **believe**. A person must **choose** to **trust God** and open their **heart** to **Him**.

**Takeaway:** **Faith** grows **stronger** when we focus on **God's promises** and learn to **trust Him** daily.

# May 18: Monday - Jesus Sees Our Faith

**Read:** Mark 4:40; Matthew 15:21–28; Luke 7:1–10; Mark 9:24; John 2:23–25

## Summary

- **Jesus** sees the **true condition** of every **heart**.
- He **knows** when **faith** is **strong** and when it is **weak**.
- In **Mark 4:40**, **Jesus** asked His disciples why they had so **little faith**.
- They had already seen many **miracles**, yet **fear** overwhelmed them during the **storm**.
- This lesson reminds us that even **believers** can **struggle** with **fear** and **doubt** during difficult moments.
- In contrast, the **woman** in **Matthew 15** showed **strong faith**.
- She **trusted Jesus** even when her faith was **tested**.
- She **refused to give up**.
- The **Roman centurion** in **Luke 7** also demonstrated **remarkable faith**.
- He believed **Jesus** could **heal** with only a **word**.
- He understood **Christ's authority** and **trusted** His power **completely**.
- Another **father** came to **Jesus** seeking help for his son. In **honesty** and **humility**, he cried, “**Lord, I believe; help my unbelief.**”
- This shows that even **weak faith** can **grow** when we **sincerely** come to **Jesus**.
- **Faith** does **not** mean believers **never struggle** with **doubts**.
- **Pain, disappointment, fear**, and **uncertainty** can sometimes **weaken** trust in **God**.
- **Satan** wants people to **doubt God's love** and **promises**.
- But **God** invites us to bring our **doubts** to **Him** instead of **hiding** them.
- **God** does **not** ask us to **stop thinking**.
- He gave us **minds** to **reason, learn, and understand**.
- The **Bible** provides many **strong reasons** to **trust Him**.
- Still, there are moments when we may **not fully understand** everything **happening** in life.
- During those times, **faith** means **choosing to trust God** because we know His **character** is **loving, faithful, and good**.

**Question:** Why is it **important** to bring our **doubts** to **God** instead of **hiding** them?

**Answer:** Because **God** can **strengthen** our **faith** when we **honestly** come to **Him** for **help**. He **understands** our **struggles** and invites us to **trust Him** more **deeply**.

**Reflection:** When **difficulties** come, do I **trust God quickly**, or do I allow **fear** and **doubt** to **control** my thoughts?

**Takeaway:** **Faith** grows **stronger** when we continue **trusting God** even when we do **not understand** everything.

# May 19: Tuesday - Faith Is Not a Feeling

**Read:** Matthew 17:20; 13:31–32; Ephesians 2:8; Mark 9:24; Romans 12:3

## Summary

- **Jesus** taught that even **faith** as small as a **mustard seed** can **move mountains**.
- A **mustard seed** begins **very small**, yet it keeps **growing**.
- In the same way, our **walk with God** should continue **growing** day by day.
- Sometimes believers think they have **no faith** because they do **not feel close** to **God**.
- But **feelings** change often.
- There are days when a **Christian** may feel **discouraged, tired, confused**, or **spiritually weak**.
- This lesson reminds us that our **relationship with God** cannot **depend only on emotions**.
- **God** never asked us to **trust our feelings** more than His **promises**.
- **Ephesians 2:8** teaches that we are **saved by grace** through **faith**. **Salvation** is **God's gift** to us.
- The **Holy Spirit** draws us to **Jesus** and helps us **respond** to His **love**.
- In **Mark 9**, the father of the suffering boy cried, **“Lord, I believe; help my unbelief.”**
- Many **Christians** understand that **prayer** deeply.
- Sometimes our **faith** is mixed with **fear, questions**, and **weakness**. Yet **Jesus** still listens to **honest hearts**.
- There are moments when believers may **wonder** if **God** is still **near**.
- During difficult seasons, **Satan** tries to fill the **mind** with **doubt** and **discouragement**.
- But **weak faith** that **holds on** to **Jesus** is still **precious** in **God's sight**.
- **God** does **not** ask us to **understand everything** perfectly before **trusting Him**.
- He invites us to **walk with Him** even when life feels **uncertain**.
- As we continue **praying, studying the Bible**, and **spending time with Jesus**, our **faith** becomes **stronger**.
- **Little by little, God** teaches us to **trust Him** more **fully**.

**Question:** Why can a **Christian** still have **faith** even during times of **doubt** or **discouragement**?

**Answer:** Because **faith** is **choosing to trust God's promises** even when our **feelings** are **weak**. **God** remains **faithful** even when **emotions** change.

**Reflection:** When life becomes difficult, do I **hold on** to **God's promises**, or do I allow my **feelings** to **pull me away** from **Him**?

**Takeaway:** **God** is still **faithful** even during our **weakest moments**, and He will continue **strengthening the heart** that keeps **trusting Him**.

# May 20: Wednesday - Examples of Faith

**Read:** Hebrews 11; Matthew 17:20; Romans 10:17; Mark 9:24; 2 Corinthians 5:7

## Summary

- **Hebrews 11** is often called the **great faith chapter**.
- It tells the stories of people who **trusted God** during **difficult times**.
- Some waited **many years** for **God's promises**. Others **suffered**, faced **danger**, or were **rejected** because they remained **faithful**.
- This lesson reminds us that **faith** does **not remove every trial**.
- **Hebrews 11:1** teaches that faith **trusts God** even when we cannot **yet see the outcome**.
- Many believers today are still **praying** and **waiting** for answers. During those seasons, **God** asks us to continue **trusting Him**.
- **Verse 3** points us to **Creation**.
- The **beauty**, **order**, and **design** of the world remind us that **God** is our **Creator**.
- **Hebrews 11:6** teaches that **God** rewards those who **sincerely seek Him**. He desires a **close relationship** with His children.
- Sometimes Christians struggle with **fear**, **questions**, or **discouragement**.
- Like the father in **Mark 9**, we may pray, **“Lord, I believe; help my unbelief.”**
- **God** welcomes **honest hearts** that keep **reaching for Him**.
- **Faith grows** through:
  - **Prayer**
  - **Bible study**
  - **Obedience**
  - **Daily dependence on God**
- **Romans 10:17** reminds believers that **faith grows** as we **hear God's Word**.
- **Jesus** also taught that even faith as small as a **mustard seed** is **precious**.
- **Small faith** becomes **stronger** when it continues **holding onto God**.

**Question:** Why does **God** allow faith to grow **slowly** instead of making it strong **immediately**?

**Answer:** Because faith grows through **daily trust**, **experience**, and **dependence on God**. **God** uses life's experiences to **deepen our relationship** with Him and teach us to **rely on His promises**.

**Reflection:** When my **faith** is **tested**, do I continue **trusting God**, or do I allow **discouragement** to **pull me away** from **Him**?

**Takeaway:** **Faith** becomes **stronger** when we continue **walking with God** through every season of life.

# May 21: Thursday - The Faith of Jesus

**Read:** Revelation 14:12; Matthew 26:36–42; Hebrews 11:6

## Summary

- **Revelation 14:12** describes **God's faithful people** in the **last days**.
- They keep **God's commandments** and have the **faith of Jesus**.
- The **faith of Jesus** means more than simply **believing in Him**. It also means having the kind of **faith Jesus Himself lived**.
- **Jesus** trusted His Father **completely** and **obeyed Him fully**.
- The clearest picture of **Christ's faith** is seen in **Gethsemane**.
- **Jesus** prayed while carrying **deep sorrow** and **suffering**. He knew the **pain and sacrifice** waiting before Him.
- Yet He still **surrendered Himself** to the Father's **will**.
- Even in **agony**, **Jesus** chose **trust** and **obedience**.
- This lesson teaches that **real faith** continues **trusting God** during **difficult moments**.
- **Faith** does **not** mean life will always feel **easy**.
- Sometimes believers struggle with **fear**, **weakness**, or **discouragement**. **Jesus** understands those **struggles** and invites us to **depend on Him daily**.
- **Seventh-day Adventists** once emphasized the **law** very strongly. **God** later reminded the church to also uplift the **gospel** and the **faith of Jesus**.
- The **law** and the **gospel** belong together.
- **Obedience without Jesus** becomes **empty** and **lifeless**.
- **True obedience** grows from **faith**, **grace**, and a **living relationship** with **Christ**.
- **Christianity** is **not** merely **trying harder** to be good.
- It is **daily dependence** on **Jesus**.
- As we **pray**, **study God's Word**, and **walk with Christ**, our **faith** grows **stronger**.
- **Jesus** remains **faithful** even when our **faith** feels **weak**.

**Question:** What does it mean to have the **faith of Jesus** in daily life?

**Answer:** It means **trusting God** like **Jesus** did, **surrendering** to His will, and **depending on Christ daily** through both **joyful** and **difficult** experiences.

**Reflection:** Am I trying to live the **Christian life** in my own **strength**, or am I learning to **depend fully on Jesus**?

**Takeaway:** The **faith of Jesus** teaches believers to **trust God completely**, **obey Him faithfully**, and keep **walking with Christ** even through **suffering**, **weakness**, and **uncertainty**.

# May 22: Friday - Further Thought

**Read:** Romans 5:1; Acts 26:18; John 1:12; Galatians 2:20; Hebrews 10:23

## Summary

- We are **justified by faith**.
- Through **Jesus**, **God** forgives our **sins** and accepts us as His **children**.
- We are also **sanctified by faith**.
- **Jesus** not only **forgives** us, but He also **changes our lives** day by day.
- **Christianity** is a daily walk of **trusting** and **depending on Christ**.
- Sometimes believers may feel **weak**, **discouraged**, or **spiritually tired**.
- Yet **weakness** does **not** mean **God** has **abandoned us**.
- Often, **God** teaches us to **trust Him more deeply** during **difficult moments**.
- **Jesus** **strengthens** those who **surrender themselves fully** to **Him**.
- He **never leaves** those who place their **faith** in **Him**.
- Even during **weakness**, **Christ** remains **faithful** and **near**.
- The **Christian life** is also a **spiritual battle**.
- We cannot overcome **sin**, **temptation**, or the **enemy** through our own **strength**.
- We need:
  - **Prayer**
  - **Humility**
  - **Surrender**
  - **The power of the Holy Spirit**
- **Faith** grows **stronger** as we spend time with **God** in **prayer** and **His Word**.
- **God** calls believers to **persevere** and hold firmly to **His promises**.
- **Hebrews 10:23** reminds us that **God** is **always faithful**.

**Question:** How can **weakness** help **strengthen** our **faith** in **Jesus**?

**Answer:** **Weakness** can help us **realize our need** of **Christ** and teach us to **depend more fully** on **His strength** instead of our own.

**Reflection:** When I feel **weak** or **discouraged**, do I **turn away** from **God** or **draw closer** to **Him**?

**Takeaway:** **Faith** grows **strongest** when believers **stop depending on themselves** and learn to **rest daily** in the **strength**, **grace**, and **faithfulness** of **Jesus**.