



Study Guide: Episode 27, How to Increase & Act in Faith

1 Kings 17-19

00:00-06:47	“QOTW: How do I increase, USE, & ACT in faith better in my life?”
06:48-22:25	“The Widow of Zarephath: faith to sacrifice & faith to trust the Lord”
22:26-31:57	“How to GROW in faith”
31:58-35:13	“3 Stages of Faith: Simplicity, Complexity & the ‘Simplicity beyond Complexity’”
35:14-42:05	“‘If the Lord be God, follow Him—The faith to believe’”
42:06-50:05	“The faith to be still & the faith to speak with & hear the Lord”
50:06-End	“Faith is a principle of ACTION and POWER”

1. Listen to 6:48-22:25. What do you learn from the Widow of Zarephath? What does her example inspire you to want to do in your life?
2. Have you ever felt like the Widow of Zarephath, after she lost her son? Like you've already been given more than you can take, and then more trials are heaped upon you? How did you use your faith to get you through? How did these things enable you to GROW in faith?
3. Have you ever tried “the experiment” of faith mentioned in *The Book of Mormon: Another Testament of Jesus Christ*, in Alma 32? If so, what were your results? What more might you do to “tend the sprouting seed of faith” more carefully and completely, to enable your faith to grow? If not, will you read Alma 32 & try the great experiment, even if you're starting with a simple “desire to believe”?
4. Listen to 31:58-35:13 on “The 3 Stages of Faith.” Which stage do you think you are currently in? Simplicity? Complexity? The ‘Simplicity beyond complexity?’ How might you exercise your faith to move forward in your faith journey?
5. How do you “hear Him?” What practices enable you to “be still & know?” Listen to 42:06-50:05. Which of these ring true for you?
6. **Exercise:** When have you felt, heard, & understood the voice of the Lord speaking to you? Remember this time. How did you feel? Let that feeling fully enter your body, and then go and write down this experience. Remember this the next time you need an increase of faith & the power of God in your life.

Resources

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[Come Follow Me, Old Testament, Manual](#)

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