



## Study Guide, Episode 78-How to Believe in Jesus & His Gospel

*Matthew 28; Mark 16; Luke 24; John 20-21*

00:00-10:55	"QOTW: How might I believe more fully in Jesus & His gospel?"
10:56-26:50	"The faith & belief of Mary Magdalene & other women"
26:51-39:18	"He knows your name; How to change thoughts & beliefs"
39:19-48:50	"Listen to the Holy Ghost-'Believing is seeing'"
48:51-54:49	"Do we see, feel, & know Jesus is with us, or in others?"
54:50-END	"Feed (tend, nurture, nourish) His sheep & help them grow"

1. Ponder: What do you believe? What words, thoughts, people, experiences do you believe in? What do you struggle to believe? Write in your journal about the things you believe in, and what you struggle to believe. Set a goal to work on believing in Jesus & His gospel in one new way.
2. Imagine being one of those who saw the risen, living Christ. What might that have felt like? Been like? Done for your faith? How might you use these things to remember His resurrection, to increase your faith, & to believe more fully in Jesus and His gospel? Write about this in your journal.
3. What thoughts are influencing how you think, feel, act, and believe that perhaps aren't helpful, healthy, or true? Identify your thoughts. See how they interact with your feelings, body, and actions. Then, use the exercise below to make changes.
4. Exercise: Use the following articles to identify thoughts and beliefs, challenge them, and change the unhealthy, unhelpful, or untrue ones into new beliefs.  
<https://www.drchristinahibbert.com/thought-management-part-1/>  
<https://www.drchristinahibbert.com/thought-management-part-2-how-to-change-your-thinking-and-your-life-using-a-thought-record-video/>
5. Have you ever been like "doubting Thomas?" Struggled to believe unless you first see? What helps you believe before you see? What prevents you from believing? What makes you feel defiant in your heart? How might you overcome these things? Consider: what if you could accept that sometimes "believing is seeing"?
6. What does it mean to you to be "tended & nourished" to help you grow? How will you do these things for the young & old "sheep" in your care?

### Resources

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