

OUR SOURCE & SHIELD

Faith Grows By Feeding

I. You already have faith and it can grow if you'll get involved in the laws that govern the growth of your faith

- A. God has already given faith to you-God has given you a measure of faith; Faith is part of your recreated spirit; **Rm12:3**-God has dealt to every man the measure of faith; **Gal5:22**-The fruit of the spirit is love, joy, peace, longsuffering, gentleness, goodness, faith, meekness temperance
1. You don't need faith, you need to develop the faith you have-You don't need faith anymore than you need a bicep muscle
 2. Religions approach-1) Ignore the Bible 2) Ask God to do something He's already done (Give me faith) 3) Ask God to do something he's given you the authority to do (Make my faith stronger)
 3. We have to get involved in the laws that govern the growth of faith-People want to sit there and never feed their faith, never exercise their faith and just ask God to give them more faith
 4. There are spiritual laws that govern the condition of your spirit-Just like there are natural laws that govern the condition of your body and no one in the right mind would sit on their couch eating twinkies, ignoring the laws of physical fitness and ask God to make them stronger, yet people do it all the time with their spirit
 5. Faith doesn't grow if you do nothing to cause it to grow-Many make no spiritual effort to grow their faith
- B. Faith can grow, faith can increase-**2Th1:3**-We are bound to thank God always for you, brethren, as it is meet, because that your faith grows exceedingly (increase);
- C. Strong faith doesn't come instantly or accidentally-It comes as the result of a conscious decision to get involved in the laws that govern the increase of your faith; 1) Exercise your faith 2) Feed your faith

II. Faith is grows by feeding

- A. Faith comes by hearing-There is no faith without hearing; To have faith you must hear **Rm10:17**-So then faith comes by hearing and hearing by the Word of God; **CEV**-No one can have faith without hearing; **ESV**-Faith comes from hearing; **ASV**-So belief comes of hearing; **ISV**-Faith results from listening
1. Hearing the Word is the vehicle that brings faith-Without hearing the Word faith does not come to you
 2. Ex: Pizza comes by delivery man-No delivery man, no pizza
 3. If you don't hear faith isn't coming to you-You can't have faith that doesn't first come to you; You can't have a lot of faith with a little word
- B. The more word you hear, the more faith comes and the more faith comes the more faith you can have-Every time you hear faith comes, faith is being brought to you
1. Faith for your situation comes from hearing what God has to say about your situation-It's vital you have verses that speak to your situation (Amber-Brought Eve to Adam)
- C. Feeding on the Word of God strengthens and feeds faith
1. He's feeding on the Word, so shall thy seed by-He's not feeding what their bodies are saying-**Rm4:18-20**-Who against hope believed in hope, that he might become the father of many nations according to that which was spoken, So shall your seed be. And being not weak in faith he considered not his own body now dead, when he was about an hundred years old, neither yet the deadness of Sara's womb: He staggered not at the promise of God through unbelief; but was strong in faith giving glory to God
 2. He's was strong in faith because of what he ate-He staggered not because he considered not

3. The louder your circumstances are the more you feed on the Word
4. Many know nothing about his kind of life-All they know is ask God to do something

D. Whatever you hear repeatedly you are in danger of believing-Illusory (a•loose•sury) effect-This phenomenon was first identified in a 1977 study at Villanova University and Temple University. Participants were asked to rate a series of trivia statements as true or false. The same group of college students were given sixty plausible statements, some of them true and some of them false on three different instances. Twenty statements appeared on all three lists; the other forty items on each list were unique to that list. Participants were asked how confident they were of the truth or falsity of the statements, which concerned matters about which they were unlikely to know anything. (For example, "The first air force base was launched in New Mexico." Or basketball became an Olympic discipline in 1925.") Specifically, the participants were asked to grade their belief in the truth of each statement on a scale of one to seven. While the participants' confidence in the truth of the non-repeated statements remained steady, their confidence in the truth of the repeated statements increased from the first to the second and second to third sessions. The conclusion was that repeating a statement makes it more likely to appear factual. It is the tendency to believe false information to be correct after repeated exposure. ***In other words something is not true, but you hear it so much you begin believe it is true.*** When truth is assessed people rely on whether the information is in line with their understanding or if it feels familiar. ***If it's not in line with their understanding and doesn't feel familiar then they are unlikely to believe it. If it's not in line with your understanding and isn't familiar then you consider the creditability of the source.*** Repetition of statements makes statements easier to process relative to new unrepeated statements leading people to believe that the repeated one is more truthful. ***If you hear something over and over again you're more likely to believe it's true rather than something you're hearing for the first time.*** In 1989 the original study was replicated and they found exposure to false information changes the perceived truthfulness of that information. ***If you're continually exposed to a piece of false information you'll start to believe it.*** The effect works because when people assess truth, they rely on whether the information agrees with their understanding or feels familiar. In 2015 researchers discovered that familiarity can over power rationality. Participants who knew the correct answer to begin with were persuaded to believe otherwise through repetition of the falsehood. ***You can know something is true, but if you continually hear something that contradicts that truth, you'll start to believe the thing you knew was true is not true.*** The study found that repeating a statement makes it more likely to appear factual. Repetition makes statements easier to process relative to new statements, leading people to the sometimes false conclusion that they are more truthful. When an individual hears something for a second or third time, their brain responds faster to it and misattributes that fluency as a signal of truth (processing fluency). A 1992 study suggested that a statement will seem true if the information seems familiar. A 2012 experiment said that repetitive false claims increase believability and may result in errors. Although the truth effect has been demonstrated scientifically only in recent years, it is a phenomenon with which people have been familiar for millennia. One study notes that Roman statesman Cato closed each of his speeches with a call to destroy Carthage, knowing that repetition would breed agreement. Napoleon reportedly said, that there is only one figure in rhetoric of serious importance namely repetition, whereby a repeated affirmation fixes itself in the mind in such a way that it is accepted in the end as demonstrated truth. Truth affect plays significant role in election campaigns and TV commercials.

1. You're wired by God in such a way to believe what you hear you hear repeatedly whether it's true or not- Therefore if you want to believe something it's vital you hear it repeatedly

E. There's power in hearing something repeatedly

1. If there wasn't power in repetition God wouldn't have said meditate my word day and night-Js1:8-This book of the law shall not depart from your mouth, but thou shalt meditate there in day and night, that you may observe to do according to all that is written there in: for then thou shalt make thy way prosperous and then thou shalt have good success; Ps1:2-His delight is in the law of the Lord; and in his law doth he meditate day and night 3 And he shall be like a tree planted by the rivers of water, that bringeth forth his fruit in his season; his leave also shall not wither; and whatsoever he does shall prosper
 - a. Meditate definition-Ponder-To consider, weigh in the mind; Study-Literally a setting of the mind or thoughts upon a subject; muse; Meditate-Dwell on anything in thought; think on; revolve in mind; Mutter-Utter words with a low voice; Speak, Talk
 - b. How to meditate-Book of the law shall not depart out of your mouth, but you shall meditate; If it's not in your mouth you're not meditating; You meditate by speaking; You control the mind with the mouth
 - c. Day and Night-This is repeatedly; This isn't just reading your bible in the morning; 24 hour period; Ancient Hebrew-Day-Daily, continually; Night-Loop

2. Apparently there's benefit and power in hearing the word over and over again-Pr4:20-My son attend to my words; incline thine ear unto my sayings. Let them not depart from thine eyes; keep them in the midst of thine heart. For they are life unto those that find them, and health to all their flesh; Dt11:18-Therefore shall you lay up these my words in your heart and in your soul, and bind them for a sign upon your hand, that they may be as frontlets between your eyes. And you shall teach them to your children, speaking of them when you sit in your house, and when you walk by the way, when you lie down, and when you rise up. And you shalt write them upon the door posts of thing house, and upon your gates that your days may be...as the days of heaven upon the earth; Mk5:28-AM-She kept saying, If I only touch his garment, I will be restored to health; Js1:25-Whoso looks into the perfect law of liberty and continues therein he being not a forgetful hearer, but a doer of the work, this man shall be blessed in his deed; Jn8:31-If you continue in my word, then you are my disciples indeed; And you shall know the truth and the truth shall make you free
 3. This is not vain repetition or works-This is the Bible, there's power in this principle
 4. I'm brainwashing myself-Faith is coming and I'm washing my being of doubt, unbelief, fear, anxiety
- F. Changed your spiritual diet and grow your faith-Change your spiritual diet to change what you believe-Most Christians have never done this, many others no nothing about this - Don't gloss over this reality; **Jb34:3-For the ear tries words, as the mouth tastes meat**
1. Dr. Lilian B. Yeomans testimony-Faith cometh-She was a doctor who practiced medicine and surgery many years ago in **one of New York City's largest hospitals**. She began **to take small amounts of dope** to steady her nerves and help her sleep when she felt exhausted from overwork. Eventually she became so **dependent on drugs, especially morphine, that she became an addict**. She daily took fifty times the normal dose of morphine normally prescribed for an adult male plus other drugs. Although Dr. Yeomans took all the celebrated cures of her day and **desperately tried to stop taking drugs**, she steadily grew worse. A nurse described her as "a skeleton with a devil inside." Her friends considered her case hopeless. Dr. Yeomans had been saved as a young woman, but had backslid. When she found herself at death's door, **she immersed herself in her long neglected Bible**, got back into fellowship with God, and **was healed in 1898** of the terrible drug habit that had almost claimed her life. After receiving this healing, Dr. Yeomans **preached the Gospel for forty some years**. When she and her sister inherited some property, they turned it into a "**faith home**" taking **people beyond medical help** who were seeking healing for their bodies. Dr. Yeomans said they **got nearly all of these people healed by working with them until they got enough faith built up in their hearts (spirits) to receive healing from God**. In one of her books she gave the following example of building faith in a patient. ---- One day a **woman in the last stages of tuberculosis** was brought to the home. **Doctors had given her up** as beyond medical aid. When the ambulance brought the woman in, **Dr. Yeomans knew she was dying**. Had she still been practicing medicine, Dr. Yeomans would have begun to administer strong drugs immediately. Instead the woman was **carried to an upstairs room**, and **Dr. Yeomans began reading the Bible** to her. She **spent about two hours reading scriptures concerning divine healing**; especially from Deuteronomy 28 and Galatians 3:13. Then she **instructed the dying woman to repeat to herself every waking moment, "According to Deuteronomy 28:22, consumption (or tuberculosis) is a curse of the law. But according to Galatians 3:13, Christ has redeemed me from the curse of the law. Therefore, I no longer have tuberculosis."** The next morning, Dr. Yeomans asked the woman if she had been repeating what she's instructed her to say. She answered that it **seemed as if she'd said it 10,000 times, but she couldn't understand what it meant**. Dr. Yeomans read more scriptures to her and asked her to continue repeating the same words. **The next day the story was the same. On the third morning, the woman still did not understand**. Dr. Yeomans had not even prayed with her yet, even though she'd been in her "faith home" three nights. **(I think sometimes we pray for people too quickly. We should instruct them more in the Word first.)** On the afternoon of the third day, Dr. Yeomans and her sister were helping prepare the evening meal when they heard a commotion upstairs. Their new patient came **rushing down the stairs, shouting at the top of her voice. "Sister Yeomans, did you know? Christ has redeemed me, and I no longer have tuberculosis! It's gone now!"** ---- You see, Dr. Yeomans realized that the way into the heart is through the mind. **She knew if the woman would say to herself often enough, "According to Deuteronomy 28:22, consumption is a curse of the law. But according to Galatians 3:13, Christ hath redeemed me from the curse of the law. Therefore, I no longer have tuberculosis," the truth eventually would register on her heart.**
- G. I'm not trying to get God to do something I'm feeding my faith