

The Gospel Project for Adults, Spring 2018
Interactive Teaching Tips for Adults, Session 12

Introduction: *Define the term.*

After opening the lesson, ask something like this: “What is your definition of *faith*?”

After several volunteers have shared, read Tony Evans’ definition of the term *faith* in the article “What Is Faith?”:

<https://www.focusonthefamily.com/parenting/spiritual-growth-for-kids/faith/what-is-faith>

In the article, Dr. Evans describes faith in this way: “Faith means acting on what God says in spite of our opinions, our experience, our education. Faith is acting on the truth, whether we feel the truth or not, whether we like the truth or not, whether we *agree* with the truth or not.”

You may want to print copies of the article to have on hand for your group members.

Point 2: *Discuss the importance of daily worship.*

Read aloud the third paragraph under Point 2 on page 156 of the Leader Guide (This paragraph begins, “The best way to think about...”)

Then engage learners in discussing the connection between faith and worship. Ask, “Do you spend time in worship outside this church? When and where?”

After volunteers have shared, provide an appropriate amount of copies of the following article, “Simplify Family Worship” by Donald Whitney, and encourage learners to incorporate family worship into daily life in their homes: <http://biblicalspirituality.org/wp-content/uploads/2011/01/Simplify-Family-Worship.pdf>

Point 3: *Emphasize the relationship between faith and focus.*

Read aloud some of the ideas for being focused from the following article “7 Exercises That Can Improve Your Focus”:

<https://www.inc.com/samuel-edwards/7-exercises-that-can-improve-your-focus.html>

[Note: Since meditation is mentioned in the article, if you decide to mention it, you might also want to distinguish the difference between the concept of meditation from a biblical standpoint and that of a non-Christian perspective; Christian meditation involves *filling* the mind with the truth of God’s Word and focusing on that, whereas generally speaking non-Christian practices of meditation tend to emphasize *emptying* the mind of all thought and to focus inwardly on self.]

After discussing Hebrews 12:1-2, point out the phrase “keeping our eyes on Jesus,” in verse 2. Read the following translation of that phrase from the *Amplified Bible*: “[looking away from all that will distract us and] focusing our eyes on Jesus.”

As a group, consider how we can practically focus on Jesus throughout every day.

Conclusion: *Consider others who are worthy of the “Hall of Faith.”*

Pointing out that Hebrews 11 is often referred to as the “Hall of Faith” passage, put something like the following into your own words: “The Old Testament is not the only place we find men and women who lived by faith. From that time and until now, there have also been people who have walked as they did, confident in what they did not see.”

In order to provide some examples of believers who have lived since the time of the apostles, consider noting some of the figures whose biographies are available on the Christian History page of *Christianity Today*:

<https://www.christianitytoday.com/history/people/>

[Note: You might want to mention to your group members that highlighting a person’s influence for Christianity does not entail full-scale agreement

with or unqualified endorsement of the entirety of his or her beliefs or actions.]

Teaching Tip of the Week

Some people feel faith-less when looking at the men and women listed in Hebrews 11. Do not let them feel discouraged; remind them that though they are remembered for their faith, their lives were not without setbacks, stumbles, and falls.