

(104) Rebuilding Our Faith

Points of Reflection

Video #104: [View/download the video lesson](#)

- ☐ Why do people have setbacks in their recoveries? How can we improve on this?
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- ☐ Quote 1 Samuel 30:6: What does '[strengthen oneself in the Lord](#)' mean?
- ☐ How can we use the definition of faith to find areas that need building up in the truth?
- ☐ Use Psalm 23:4 to strengthen the faith of someone who fears something might happen to him.
- ☐ Take some issues that you are currently dealing with. It might be a relationship or an inner battle. Find appropriate truths and pray them through so that your faith is built up. Write down your observations.

☐ **Date Lesson #104 completed** _____