

# Top 5 Faith Busters

Discover the top five faith busters that can erode your spiritual foundation and learn practical, scripture-backed strategies to safeguard your faith.

## Introduction

Faith is a cornerstone of the Christian life, providing strength, hope, and assurance in the face of life's challenges. As Hebrews 11:1 tells us:

Hebrews 11:1

(1) Now faith is confidence in what we hope for and assurance about what we do not see.

However, various factors can erode this precious gift, causing doubts and weakening our spiritual foundation. Let's explore the top five faith busters, backed by scripture and practical advice to help you safeguard your faith.

## Negative Influences

In today's digital age, we are constantly bombarded with various forms of media and information. Music, movies, social media, and even the company we keep can significantly impact our thoughts and emotions. Negative influences can subtly erode our faith by shifting our focus away from God and His promises.

Philippians 4:8 tells us:

Philippians 4:8

(8) Finally, brothers and sisters, whatever is true, whatever is noble, whatever is right, whatever is pure, whatever is lovely, whatever is admirable—if anything is excellent or praiseworthy—think about such things.

To protect your faith, be intentional about the influences you allow into your life. Surround yourself with godly people and uplifting content that reinforces your faith. Choose media and entertainment that align with biblical values. By filling your mind with positive and encouraging influences, you create an environment where faith can flourish.

## Overthinking

Overthinking is a common struggle, especially for those who like to plan and control every aspect of their lives. While being thoughtful and prepared is important, overthinking can lead to self-reliance and a diminished trust in God's guidance. When we overanalyze, we can become paralyzed by doubt and fear, distancing ourselves from the simplicity of trusting in God's provision.

Proverbs 3:5-7 says:

Proverbs 3:5-7

(5) Trust in the LORD with all your heart and lean not on your own understanding; (6) in all your ways submit to him, and he will make your paths straight. (7) Do not be wise in your own eyes; fear the LORD and shun evil.



Combat overthinking by practicing trust in God in every situation. Make it a habit to pray for guidance and wisdom before making decisions. Remember that God's ways are higher than our ways, and His understanding surpasses our own. Surrender your plans to Him, and trust that He will lead you on the right path.

### Unrealistic Expectations of God

Unrealistic expectations can stem from a misunderstanding of God's nature and promises. When we treat God as a wish-granting genie, we set ourselves up for disappointment and frustration. God's primary goal is not to fulfill all our desires but to shape us into the image of Christ and to bring about His purposes in our lives.

God's sovereignty is a recurring theme in the Bible. Understanding that His ways and timing are perfect helps us align our expectations with His will.

Avoid treating God as a genie who grants wishes. Instead, cultivate a relationship with Him based on love, trust, and submission to His will. Rely on His promises. Romans 8:28 teaches us:

#### Romans 8:28

(28) And we know that in all things God works for the good of those who love him, who have been called according to his purpose.

Embrace the understanding that God's plans for you are far greater than your own.

### Doubt

Doubt is a natural human emotion and can be detrimental to faith if not addressed. It can creep in during difficult times, causing us to question God's presence and goodness. When doubt takes root, it can lead to fear and uncertainty, weakening our trust in God's promises.

We read in Matthew 14:25-31:

#### Matthew 14:25-31

(25) Shortly before dawn Jesus went out to them, walking on the lake. (26) When the disciples saw him walking on the lake, they were terrified. "It's a ghost," they said, and cried out in fear. (27) But Jesus immediately said to them: **"Take courage! It is I. Don't be afraid."** (28) "Lord, if it's you," Peter replied, "tell me to come to you on the water." (29) **"Come,"** he said. Then Peter got down out of the boat, walked on the water and came toward Jesus. (30) But when he saw the wind, he was afraid and, beginning to sink, cried out, "Lord, save me!" (31) Immediately Jesus reached out his hand and caught him. **"You of little faith,"** he said, **"why did you doubt?"**

To combat doubt, focus on Jesus and His faithfulness. Reflect on past experiences where God has proven His faithfulness. Surround yourself with a community of believers who can encourage and support you. Pray for increased faith and ask God to help you overcome unbelief. Trust that He is always with you, even in the midst of doubt.



## Tragedy

Tragedy often challenges our faith the most. In times of loss and suffering, it's natural to question why God allows such pain. While it's okay to wrestle with these questions, blaming God for tragedy can drive a wedge between us and Him, weakening our faith and trust in His goodness.

Matthew 5:44-45 teaches:

Matthew 5:44-45

**(44) But I tell you, love your enemies and pray for those who persecute you, (45) that you may be children of your Father in heaven. He causes his sun to rise on the evil and the good, and sends rain on the righteous and the unrighteous.**

When tragedy strikes, hold on to the truth that God is good and sovereign. Seek comfort in His presence and rely on His strength to get through difficult times. Understand that suffering is part of the fallen world we live in, not a punishment from God. Trust that He will work through your pain to bring about healing and restoration.

## Conclusion

Faith is a journey, and along the way, there are many obstacles that can challenge it. By being aware of these top five faith busters—negative influences, overthinking, unrealistic expectations of God, doubt, and tragedy—you can take proactive steps to protect and strengthen your faith. Remember, God is always with you, guiding you through every trial and tribulation. Next week, we'll explore the top five faith builders to help you grow even stronger in your faith.

