# Help My Unbelief

*Study & Discussion Questions*

01

## Passage · Mark 9:14–29; Matthew 17:14–21; Luke 9:37–43

*Near Caesarea Philippi · from The One*

*The next day, as they descended the mountain (Mk 9:14–27) and approached the other disciples, they saw a large crowd surrounding them with some teachers of the law arguing with them. Upon seeing Jesus, wonder filled the crowd, and they ran to greet Him.*

*"What are you arguing about?" He asked.*

*A man in the crowd answered, "Teacher, I brought my son to You. He has a mute spirit. (M7:15) Have mercy (L9:38) for he's my only child. (M7:15) He's epileptic and suffers greatly. (Mk) Wherever it seizes him, it throws him down and he foams at the mouth, grinds his teeth, and is wasting away. I asked Your disciples to cast it out, and they weren't able."*

*"You unbelieving generation," Jesus said. "How long will I put up with you? How long will I bear with you? Bring (L9:41) your son (M17:7) here (Mk 9:19) to Me."*

*And they brought the man's son to Jesus. When the spirit saw the Lord, it immediately threw the boy into a convulsion and he fell to the ground, writhing and foaming at the mouth.*

*Jesus asked his father, "How long has this been happening to him?"*

*"From childhood," he explained. "It frequently throws him into the fire or water to destroy him. But if You can do anything, have compassion, and help us."*

*Jesus said to him, "If there is anything I can do! Everything is possible for the one who believes."*

*The boy's father cried out with tears, "I do believe! Help my unbelief!"*

*When Jesus saw a crowd rapidly gathering at the scene, He rebuked the unclean spirit, "You mute and deaf spirit, I command you, come out of him and never enter him again!"*

*The spirit gave a shriek, violently convulsed the boy, and left him. The boy looked so much like a corpse that most of the people said, "He's dead." But Jesus grasped his hand and lifted him, and he stood to his feet.*

*So Jesus rebuked the impure spirit, healed the boy, and gave him back to his father. And everyone marveled at the greatness of God.*

*Then the disciples met with Jesus privately and asked, "Why weren't we able to cast it out?"*

> *“Because you have so little faith,” He said. “I tell you truthfully, if you have faith as small a mustard seed, you could tell this mountain, ‘Move from here to there,’ and it will move. Nothing will be impossible for you.” And He said to them, “This kind will come out only by prayer and (M17:21) fasting.”*

02

# Lyrical Post

*Bill Perkins*

**A Father, Not Faith**

The desperate father
didn't come to Jesus with bold faith.
He came with a broken heart.

His son had been tormented
since childhood —
thrown into fire and water
by a violent spirit.
The disciples had tried
to expel it and failed.

So the father turned to Jesus
and said:
"If You can do anything,
take pity on us and help us."
(Mark 9:22)

Jesus didn't let that "if" slide.
He echoed it back:
"If You can?"
said Jesus.
"Everything is possible
for one who believes."
(Mark 9:23)

**The Bridge**

The man's response
was raw and honest:
"I do believe;
help my unbelief."
(Mark 9:24)

And that was enough.

Jesus commanded the spirit
to leave and never return.
The boy convulsed violently
and collapsed like a corpse.
But Jesus took him by the hand,
lifted him up,
and he stood.

You may not know this about Jesus:
He is the God of the Gap —
the One who bridges the distance
between the faith we have
and the faith we need.

The father didn't bring perfect belief.
He brought a prayer.
And Jesus met him in the middle.
He didn't say,
"Come back when you're stronger."

He said,
"I'll stand in the gap."

***He is the God of the Gap.***

03

## Reflection Question

*What do I need to bring honestly to Jesus today with the prayer, “I do believe; help my unbelief”?*

04

## What This Means to Me

I don't have to bring Jesus a finished faith.
I can bring Him the truth —
that I believe,
and that I still need help.

The prayer is not a performance.
It is faith turning toward Jesus
with its weakness uncovered.

The gap between what I trust
and what I fear
does not frighten Him.

He meets me there.
He takes my hand
and lifts me up.

I will not wait until I feel certain
to come to Him.
I will bring the faith I have,
and let Him become the bridge.

05

## Discussion Questions

1. What details in the father's story show how much weight he and his son have been carrying?
2. How do the arguing crowd, the failed disciples, and the suffering boy shape the atmosphere Jesus enters?
3. What does the father's “If You can do anything” reveal about what disappointment has done to his expectations?
4. Why is “I do believe; help my unbelief” an honest prayer rather than a contradiction?
5. Where have past disappointments or other people's failures made it harder for you to trust Jesus?
6. What is the difference between bringing Jesus the faith you have and waiting until you feel you have enough?
7. How do Jesus' command, His authority over the spirit, and His taking the boy by the hand reveal both power and compassion?
8. What gap between the faith you have and the faith you need are you being invited to place in Jesus' hands this week?

06

## Prayer

*Father,*
*I bring You the faith I have*
*and the unbelief I cannot hide.*

*Meet me in the space between*
*what I believe*
*and what I still fear.*

*Teach me to bring You an honest prayer*
*instead of pretending to be stronger*
*than I am.*

*Thank You that Jesus does not wait*
*for my faith to be perfect.*
*He stands in the gap.*
*He takes the hand of the helpless*
*and lifts them up.*

*He is the Servant King —*
*exalted above every name.*

*I ask this in Jesus' name.*
*Amen.*

Study & Discussion Questions