

## Why do you believe what you believe?

Many people believe things because of their upbringing, their culture or traditions. Even if what you grew up believing is the truth, it's important that you know the facts and evidence concerning your faith - otherwise your faith is at risk of being shaken.

Has anyone ever asked you, "Why are you a Christian?" or "Why do you believe what you believe?" Perhaps you've been challenged with, or have even asked yourself, questions such as: "How do I know that Jesus rose from the dead?", or "Why do I believe the Bible?" Maybe you've wondered how we can know whether there is a God at all. We need to have answers to these questions.

Christians often cannot explain why they believe what they believe - and yet the Bible itself encourages us to **know** why we believe what we believe, and to be ready to back it up (give reasons for our faith).

1 Peter 3:15 KJVS

But sanctify the Lord God in your hearts: and be ready always to give an answer to every man that asketh you a reason of the hope that is in you with meekness and fear:

1 Peter 3:15 AMPC

But in your hearts set Christ apart as holy [and acknowledge Him] as Lord. Always be ready to give a logical defense to anyone who asks you to account for the hope that is in you, but do it courteously and respectfully.

Every believer should be able to give reasonable and logical answers to questions regarding their faith. This does not mean that you have to have a Ph.D. in Biblical studies - but, as believers, we must know why we believe what we believe, and we must be able to explain it to others in a way they can understand. The Bible verse above also says that we should give an explanation of our faith in a courteous and respectful way. In other words, although the explanation or reason for our faith might be offensive to people, we must present it in a way that is not offensive. This shows us that we need to know the truth, and that we should also have a few people and communication skills to help us share that truth in a loving way (Ephesians 4:15).

Jeremiah 29:13 KJVS

And ye shall seek me, and find me, when ye shall search for me with all your heart.

Jeremiah 29:13 NLT

If you look for me wholeheartedly, you will find me.

You can know God! You just need to seek! And God has made it easy for us to find out who He is, because He has revealed Himself to mankind in many ways. He is not hiding from us, but has revealed Himself to us. We can find evidence of God in philosophy, mathematics, science, logic, biology, history and so many other ways. There are so many people in the world with different interests and ways of thinking, that God, in His wisdom, has revealed Himself to the world in different ways. If we truly seek and search, we will find Him.

Recommended video. Video 1: <https://www.youtube.com/watch?v=jeyVV9Ckpt4>

Questions for reflection (if you already believe in Jesus)

1. Have you ever asked yourself – or been asked by someone else – why you believe what you believe? What would your answer be?
2. Have you ever felt or thought that Christians are expected to “just have faith” – that there is no logical or reasonable basis for the Christian faith? How does that make you feel?
3. In this session we discussed that there are, in fact, reasons for the Christian faith, and that we should know them, and be able to explain them to others. We saw that God, in His love, made it possible for us to find Him and to know Him. How does this affect the way you see God and your relationship with Him?
4. If you could have a logical and reasonable explanation for your faith, would you be more confident in talking about your faith to other people?

Questions for reflection (if you are not convinced to believe in Jesus yet)

1. Have you ever wondered if God exists?
2. Do you think that it's possible to know if God exists?
3. If you could have proof, beyond reasonable doubt, that God existed – would you accept that proof, and seek to know Him?