

Faith Blockers and Mountain Movers

How to activate mountain-moving faith

Time:
7-10 minutes
Focus:
Faith, Doubt, God's Word

Scriptures

Mark 6:5
Matthew 17:20
Romans 10:17
Mark 9:24
Mark 9:19
Mark 4:19
2 Corinthians 4:4
John 20:27
Romans 4:20
Hebrews 3:12

Parking lot

Write down distracting thoughts here:

Settle in

Take a deep breath. Turn off notifications on your phone if you can. Ask God to help you have the kind of faith that moves mountains.

Thought starter

God can do a lot with just a little bit of faith. We can move mountains when we fight back against the doubts, distractions, and worries that creep into our hearts.

Here's what we'll learn in this Quick Quiet Time:

- Faith-blockers are the fearful thoughts, doubts, and lies we believe. These faith-blockers choke out our belief in what God can do.
- Mountain-movers are the spiritual weapons of Scripture and prayer that activate our faith.
- Mountain-movers fight back against our negative thoughts and doubts instead of letting them run wild.



What are faith blockers and mountain movers?

2 Corinthians 10:4-5 NIV

The weapons we fight with are not the weapons of the world. On the contrary, they have divine power to demolish strongholds. [5] We demolish arguments and every pretension that sets itself up against the knowledge of God, and we take captive every thought to make it obedient to Christ.

Faith blockers are the negative thoughts, doubts, and lies we believe.

- These thoughts can have a stronghold on our hearts and try to rise above what God says is true. They tell us things like “That can't happen,” or “God won't come through.”

Mountain movers are the spiritual tools that God gives us to tear down these mental strongholds.

- We don't fight these thoughts with normal tools.
- That's what “activating our faith” is all about—using God's truth in the Scriptures to fight back.



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Notes:

Fighting back moves mountains.

- The Bible tells us exactly what to do: take every thought that doesn't line up with God's truth and make it obey Christ.
- In other words, we can't let our thoughts run wild. We need to check them, challenge them, and replace them with what God says in Scripture.

🚫 Doubt decelerates our faith.**Mark 6:5 AMP**

And He could not do a miracle there at all [because of their unbelief] except that He laid His hands on a few sick people and healed them.

💣 Truth bomb: Our doubt isn't just a feeling—it can be a blocker to our breakthrough.

Have you ever felt stuck, like your faith is hitting a wall? The Bible says sometimes our unbelief is the wall that prevents us from experiencing miracles.

🎯 Action point:

What's one area—school, relationships, career—where you've been telling God, "I don't think you've got this"?

😊 Quick reflect:

What's one area you've been doubting God in lately?

🥷 Worries, wealth, and wants choke our faith.**Mark 4:19 AMP**

... but the **worries** and cares of the world [**the distractions of this age** with its worldly pleasures], and the **deceitfulness** [and the false security or glamour] of wealth [or fame], and the **passionate desires** for all the other things **creep in and choke out the word**, and it becomes unfruitful.

💣 Truth bomb: A distracted heart is a disconnected heart.

- Worries, wealth, and wants are sneakier than a ninja. They don't just distract; they actively choke out God's Word and our faith as a result.

🧠 Reflect

- What's the main thing creeping in and choking out God's Word in my life lately? (Think social media comparison, grades, stress, drama, etc.)
- How is that keeping my faith stuck?

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Notes:

 **Unbelief quietly lies about our faith.****Hebrews 3:12 TPT**

So search your hearts every day, my brothers and sisters, and make sure that none of you has evil or unbelief hiding within you. For it will lead you astray, and make you unresponsive to the living God.

**Truth bomb:**

Unbelief isn't always a huge, dramatic statement. Often, it's a quiet little lie we've started to believe.

Unbelief doesn't always shout. Sometimes it whispers:

- "God is too busy."
- "This is too big."
- "You messed up too bad."

 **Action Point:**

What's one lie you've believed this week that you need to replace with God's truth?

 **Quick Reflect:**

Are you carrying any hidden doubts that are making you unresponsive to God?

 **How to activate mountain-moving faith.****Matthew 17:20 Voice**

"...if you had even a faint spark of faith, even faith as tiny as a mustard seed, you could say to this mountain, 'Move from here to there,' and because of your faith, the mountain would move. If you had just a sliver of faith, you would find nothing impossible."

**Truth bomb:**

We don't need BIG faith. We need REAL faith.

- All we need is a mustard-seed sized faith to win our battles.

**Reflect**

- What's the biggest "mountain" (problem/situation) you need to overcome with faith this week?
- What would fighting with God's weapons look like when facing those mountains?

 **The Bible and prayer fuel our faith.****Share the inspiration!**

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Notes:

Romans 10:17 NIV
 Consequently, faith comes from hearing the message, and the message is heard through the word about Christ.

Mark 9:24 AMP
 Immediately the father of the boy cried out... saying, 'I do believe; help [me overcome] my unbelief.'

2 Timothy 1:7 NLT
 For God has not given us a spirit of fear and timidity, but of power, love, and self-discipline.

 **Truth bomb:** If we aren't feeding our faith, we're starving it.





- Faith isn't a fixed score or a one-time download. Our faith grows (or shrinks!) based on what we feed it.
- Reading the Bible is a key way we get more faith.
- Crying out to God in desperate prayer—like the father did in Mark 9—is how we overcome unbelief.

 **Think about it**

- On a scale of 1-10, how full is your faith? (1 = Running on empty, 10 = Full tank)
- What's one way you can swap 10 minutes of scrolling for 10 minutes of Scripture or prayer this week?
- What fear is keeping you from stepping out and sharing your faith with others?

 **Doubt delays. Faith builds.**

Let's compare two people in the Bible: Thomas, who was known for his doubt, and Abraham, who was known for his faith.

 Thomas (the doubter)	 Abraham (the believer)
He DOUBTED until he saw the evidence.	He BELIEVED before he saw the evidence.
 Jesus said to Thomas in John 20:27 ERV "Stop doubting and believe."	 Romans 4:20 ERV says about Abraham: "He never doubted that God would do what he promised. He never stopped believing. In fact, he grew stronger in his faith and just praised God."

 **Mic drop moment:** We all have moments of doubt, but the path we choose is key.

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Notes:

- Thomas waited for proof. Abraham moved forward in his faith and grew stronger.
- Who do you relate to more right now—Thomas (needing proof) or Abraham (trusting the promise)?

**Reflect**

- What's one promise from God I need to grab onto and start praising him for before I see the result?

 **Discussion starters:**

Talk with a friend about your answers to these questions, and decide together to grow in your faith this week:

- How big is your "sliver of faith" right now? What are you asking it to move?
- What's one way you can get more rooted in God's Word this week?
- What kind of unbelief do you need to pray about: unbelief in God, unbelief in yourself, or unbelief about your situation?

**Humor break!**

Mountain jokes aren't just funny, they're hill-areas.

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