

Spiritual Training Part 11

Capsule of Faith

(Two Perspectives)

Perspective #1

Praise the Lord all you saints of God!

I wanted to share some thoughts on faith, doubt, and how they shape our spiritual journey. Imagine two doors: one labeled "Doubt" and the other "Faith." The door of doubt leads to fear, worry, and no blessings, while the door of faith opens to boldness, peace, and countless blessings. Pretty clear choice, right?

Ephesians 1:3 reminds us of the incredible spiritual blessings we have in Christ. Staying in the door of faith preserves our soul, as **Hebrews 10:38-39** emphasizes: the righteous live by faith, not by shrinking back.

Now, picture this: a **"Capsule of Faith."** It's like a spiritual vehicle that moves through life's cracks and challenges. Once you step inside, you're surrounded by everything you need—peace, trust, and confidence in God. It's a choice to get in and stay in, no matter what life throws your way.

Here's a visual for you: close your eyes and imagine riding through tough situations in this capsule. Inside, you're safe. You're trusting God, just like **Psalms 112:7-8** says—you're not afraid of bad news because your heart is steady and fixed on Him.

Jesus is our ultimate example of living in this capsule of faith. In **Matthew 11:28-30**, He invites us to come to Him for rest. His yoke is easy, His burden light. He teaches us to trust Him with our inner self—our mind, heart, and soul.

Let's look at **an account** from **Mark 5:21-43**. It's a perfect example of faith in action. Jairus, a synagogue leader, comes to Jesus and says, "My daughter is dying. Lay your hands on her so she may be healed and live." That's a powerful faith statement! Jesus doesn't hesitate—He goes with Jairus.

But along the way, **another account unfolds**. A woman who's been suffering for 12 years hears about Jesus. She decides to act on her faith and touches His garment, believing it will heal her. And guess what? It does! Jesus feels her faith and tells her, "Your faith has made you well. Go in peace."

Even when doubt tries to creep in—like when people tell Jairus his daughter has died—Jesus stays focused. He tells Jairus, **"Don't be afraid; only believe."** That's the key: holding onto faith even when circumstances seem impossible.

Faith isn't just about words; it's about actions too. The **woman** with the issue of blood acted on her belief, and **Jairus** spoke his faith out loud. Both saw results because **they chose the door of faith over doubt**.

Here's something cool to think about: **Mark 16:15-18** connects beautifully with this account.

Jesus tells His followers to go out into the world with faith, promising that **signs** will follow **those who believe** as seen in the following verses.

Mark 16:15-18 (NKJV)

15 And He said to them, "Go into all the world and preach the gospel to every creature.

16 He who **believes** and is baptized will be saved; but he who does not **believe** will be condemned.

17 And these signs will follow those who **believe**: In My name they will cast out demons; they will speak with new tongues;

18 they will take up serpents; and if they drink anything deadly, it will by no means hurt them; they will lay hands on the sick, and they will recover."

So here's the takeaway: Faith is a choice we make every day. It's a decision to step into that capsule of trust and stay there no matter what life throws at us. When we do, we not only experience peace and blessings but also influence others around us to choose faith too.

Let's keep choosing the door of faith—boldly, confidently, and joyfully!

Perspective # 2

Faith and Doubt: Navigating Life Through the Capsule of Faith

In the spiritual journey, faith and doubt often present themselves as **two opposing doors**, each leading to vastly different outcomes.

The door of doubt is marked by fear, worry, and a lack of blessings, while the door of faith opens to boldness, peace, and abundant blessings.

This contrast is central to understanding how we navigate life's challenges and how our choices influence our spiritual trajectory.

Through scriptural insights and practical examples, **we will explore** the concept of faith as a "capsule" that carries us through the complexities of life.

The Doors of Faith and Doubt

The metaphor of two doors—faith and doubt—provides a powerful framework for understanding spiritual decision-making.

The Bible consistently emphasizes the importance of choosing faith over doubt.

Ephesians 1:3 reminds us that God has blessed us in Christ with every spiritual blessing in heavenly places. These blessings, **however**, are accessed through the door of faith, which requires trust in God's promises.

Conversely, **Hebrews 10:38-39** warns against shrinking back in doubt: "But my righteous one shall live by faith, and if he shrinks back, my soul has no pleasure in him."

This passage underscores that faith preserves the soul, which, in its Greek definition (#5590), represents our inner life—our feelings, desires, affections, and essence of being. Doubt, on the other hand, leads to spiritual stagnation and turmoil.

The Capsule of Faith: A Spiritual Visualization

The "**capsule of faith**" is a vivid metaphor for navigating life's uncertainties.

This capsule is described as a round, spiritual vessel moving seamlessly through the cracks of difficult situations.

Entering this capsule of faith requires a conscious decision and effort, but once inside, one gains access to boldness, peace, and divine blessings.

This visualization aligns with **Psalms 112:7-8**, which speaks of a heart firmly fixed in trust: “He shall not be afraid of evil tidings; his heart is firmly fixed, trusting in the Lord.”

The capsule of faith becomes a sanctuary where believers can rely on God’s strength and guidance, regardless of external circumstances.

Observing Faith in Action: Lessons from Scripture

The Bible offers numerous examples of individuals who chose the door of faith over doubt. One such account is found in **Mark 5:21-43**, where Jesus heals a woman suffering from a twelve-year affliction and raises Jairus’ daughter from the dead. These accounts illustrate how words and actions rooted in faith can direct outcomes.

The Woman with the Issue of Blood

The woman with the issue of blood exemplifies personal faith. Despite years of suffering and failed medical treatments, she believed that touching Jesus’ garment would heal her. Her faith was not passive; it was active and personal.

She said to herself, “If only I may touch His clothes, I shall be made well” (**Mark 5:28**). Her words and actions aligned with her belief, leading to immediate healing.

This account highlights the principle that results are often manifested based on what we say and do. Faith requires intentionality—choosing to act in alignment with trust in God’s power.

Jairus’ Daughter

Jairus’ interaction with Jesus further illustrates the power of spoken faith. When Jairus approached Jesus about his dying daughter, he declared, “Come and lay Your hands on her, that she may be healed, and she will live” (**Mark 5:23**). This statement directed Jesus’ actions toward Jairus’ home.

Even when faced with a negative report—“Your daughter is dead”—Jesus encouraged Jairus to maintain his faith: “**Do not be afraid; only believe**” (**Mark 5:36**). This moment underscores the importance of staying within the "capsule of faith," even when circumstances seem dire.

Faith as a Sustaining Force

Faith is not merely a passive belief but a sustaining force that shapes our inner life and outward actions. **Matthew 11:28-30** invites us to find rest in Christ by taking on His yoke—a symbol of **partnership and trust**.

The Greek definition of "soul" (#5590) in this passage refers to our inner self—our thoughts, feelings, and will. Faith provides rest for the soul by aligning our inner life with God’s promises.

The accounts of the **woman** with the issue of blood and **Jairus** demonstrate that faith is transformative not only for individuals but also for those around them. Jesus' followers witnessed these miracles because they chose to follow Him. Similarly, our choices influence those who look up to us.

Practical Application: Living Within the Capsule of Faith

To live within the capsule of faith requires intentionality in both thought and action. **Here are some practical steps:**

- 1. Guard Your Words:** Words have the power to direct outcomes. Speak words of faith, as Jairus did when he declared his daughter would live.
- 2. Take Action:** Faith without works is dead (**James 2:26**). Like the woman who touched Jesus' garment, take steps that align with your belief in God's promises.
- 3. Stay Focused:** Negative reports or delays can challenge your faith. **Remember** Jesus' encouragement to Jairus: "Do not be afraid; only believe."
- 4. Learn from Christ:** **Matthew 11:29** invites us to learn from Jesus' gentle and humble heart. His life exemplifies unwavering trust in the Father.
- 5. Influence Others Positively:** Your faith journey impacts those around you. Choose to follow Christ so others may be inspired by your example.

Conclusion

Faith is not just an abstract concept **but a dynamic force** that shapes our lives and influences those around us.

By choosing the door of faith over doubt, we access boldness and peace, blessings that transcend circumstances. The capsule of faith becomes our spiritual vehicle, carrying us through life's challenges while preserving our inner self and helping those in need.

As we reflect on the **accounts** of Jairus and the woman with the issue of blood, let us remember that faith requires both decision and action.

It is a choice to trust God's promises, speak words of belief, and take steps aligned with His will.

In doing so, we align ourselves with the eternal truth that "the righteous one shall live by faith" (**Hebrews 10:38**).

Let us step boldly into the capsule of faith and experience the transformative power it brings to our lives.

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