

# Stretching Exercises

Hebrews 11:6 warns us that "without faith it is impossible to please him. For whoever would draw near to God must believe that he exists and that he rewards those who seek him" (rsv). Why did the writer feel the need to express such an obvious truth? What does this verse mean to you? Try to paraphrase it in your own words.

---

---

---

---

Create a list of six beliefs related to your Christian faith that you are absolutely certain in your heart are true. How would you explain or defend these beliefs to a doubting friend who demanded "proof?"


## Respond to these questions:

What opportunities are available for you to learn more about God, the church and the basic beliefs of the Christian faith?

---

---

---

---

React to this statement: "It doesn't matter what you believe just so you believe something!"

---

---

---

---

Do you know anyone who has chosen unworthy or unhealthy beliefs? Have you tried to share your faith?

---

---

---

---

Among the most powerful scriptures in the New Testament is 1 Corinthians 15:1–8. The resurrection of Jesus from the dead was God's approval upon him, upon who he said he was, and upon what he was able to do. His resurrection means that death has been conquered. Because God raised Jesus from the dead, he is able to raise us also to share in his glory and victory.

As you read these verses, answer these questions in your journal.

How does God's word, as recorded in 1 Corinthians 15:1–8, speak to you?

What adjustments do you believe God wants you to make in your life?

What adjustments have you already made in anticipation of sharing his glory and victory?

