



## LIFE IN THE FOG: BY FAITH HEBREWS 11:1–6

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Faith is how we live with God in the middle of uncertainty. We don't remove the fog, we learn to walk through it with God.

### **Context: Life in the Fog**

We live in a world full of uncertainty:  
Global instability (war, economy, politics, climate)  
Personal uncertainty (health, finances, relationships, future) Research shows something interesting:  
People often handle pain better than uncertainty.  
But we live in a world where uncertainty is constant.

The question is not: How do we remove uncertainty?  
The question is: How do we live in it?

The answer is not certainty—it's God.  
And the way we walk with God in uncertainty is faith.

### **1. Faith Gives Shape to Our Hope**

Hebrews 11:1  
Hope = confident expectation of what God has promised  
Faith = living today in light of that future reality. Faith is not passive waiting—it is active living.

Illustration: Engagement  
A couple is engaged, but not yet married

The promise is real, but the fulfillment is future  
So their life changes now:  
They prepare, They plan, They orient their life around what's coming

Hope shows us what God has promised  
Faith is how we live today because we believe it is true

Faith is living like God's promises are already real, even before they are fully seen.

### **2. Faith Sees What We Cannot See**

Hebrews 11:1  
Faith is not only about the future—it is also about recognizing present realities that are invisible.  
There are real things we cannot see:

- God's presence
- God's activity
- Spiritual truth
- Identity in Christ
- God's control over history

Illustration: Radar in the Fog  
In fog, your eyes fail you  
But radar still detects what is real:

- Ships
- Land
- Movement

What is invisible is still real, it just requires a different way of seeing.

God is working even when we cannot see it  
Faith is like spiritual radar, it helps us trust what is truly real

Personal Example  
When you look at yourself:  
Your eyes may say: failure, weakness, not enough  
But God says: loved, chosen, redeemed, made new

- Faith helps you see yourself the way God already sees you
- Faith is not ignoring reality—it is seeing a deeper reality

### 3. Faith Changes How We Live

Hebrews 11:6 / 2 Corinthians 5:7

“We live by faith, not by sight.”

Faith is not just belief, it becomes visible in how we live.

What faith produces:

- Peace instead of anxiety
- Trust instead of fear
- Confidence instead of confusion
- Stability in uncertain times

Why?

Because faith anchors us in what is unseen but more real than what is seen:

- God is on the throne
- Jesus is victorious
- The future is secure

Illustrations from life

Primal Swing: Head knowledge says “safe,” but eyes create fear

Peter walking on water: Focus on Jesus = stability, focus on waves = fear

What you focus on shapes how you live.

Faith: Anchors our hope in what God has promised

Helps us see what is real even when it is invisible

Shapes how we live right now

Even when life feels unclear:

- God is still in control
- Jesus is still on the throne
  - And nothing has surprised Him

### Study & Discussion:

1. Where do you personally feel the tension most between what you believe in your “head” and what you feel in your “body”? (Faith vs. felt experience—where is that gap most noticeable for you right now?)
2. In what areas of your life are you most tempted to live by “what you see” rather than by faith? (Finances, relationships, future, identity, church, culture, etc.—what pulls you toward sight-based living?)
3. What does it practically look like for you to “live like God’s promises are already real” this week? (what would change in your decisions, tone, or habits?)
4. When uncertainty rises in your life, what tends to shape your response more—fear, control, or trust in God? Why?
5. How do you think faith should shape the way Christians respond to cultural or global uncertainty without becoming fearful or dismissive?

### Practice of the Week: Live by Faith in the Fog

This week, intentionally choose to respond to one area of uncertainty by faith instead of sight.

#### Step 1: Name the Fog

Identify one specific area in your life that feels uncertain right now

- Future / decisions
- Relationships
- Finances
- Identity / self-worth
- Work / school / direction

Don’t avoid it—name it honestly.

### Step 2: Identify What You “See” vs What God Says

Write two simple statements:

- What my eyes are telling me: (fear, doubt, pressure, worst-case scenario)
- What God says is true: (promises, identity in Christ, Scripture truth)

### Step 3: Act by Faith (One Concrete Step)

Choose one small but intentional action that aligns with what you believe—not what you feel.

Examples:

- Pray before reacting instead of spiraling
- Speak truth over yourself out loud daily
- Make a decision rooted in trust, not fear
- Choose peace instead of over-controlling
- Step into obedience even without full clarity

### Step 4: Daily Reset

Once a day this week, pause and say:

“God, I choose to trust what is unseen over what I see right now.”

### Goal of the Week

Not to eliminate uncertainty, but to train your life to respond to uncertainty with faith.