



HELP MY UNBELIEF

7-DAY DEVOTIONAL

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Foreword

There's a quiet ache that many believers carry—the ache of believing while still wrestling. Of praying while still questioning. Of loving God while wondering if He's still listening.

This devotional was born in that sacred tension.

Help My Unbelief isn't a manual for perfect faith. It's a companion for honest hearts. Each day invites you to bring your full self—your trust, your trembling, your truth—into the presence of a God who doesn't flinch at your fragility.

Gideon Oosthuizen writes with the kind of clarity that comes from lived experience and deep spiritual reflection. His words are not just poetic—they're pastoral. They guide, they comfort, and they challenge.

Whether you're in a season of silence, waiting, or renewal, this devotional will meet you there. And it won't leave you unchanged.

So take a breath. Open your heart. And begin the journey—not toward certainty, but toward deeper communion. You are not alone.

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Introduction

We all have moments when faith feels fragile. When prayers feel unanswered, and belief feels more like a whisper than a roar. This devotional isn't for the perfect—it's for the honest. For those who, like the father in Mark 9, cry out: "I do believe; help my unbelief."

Over the next seven days, you're invited into a sacred space of reflection, Scripture, and prayer. Not to fix your faith, but to deepen it. Not to silence your doubts, but to bring them into the light.

God isn't intimidated by your questions. He welcomes them. And He meets you—not at the end of your struggle, but right in the middle of it.

So come as you are. Bring your tension, your trust, your trembling. This is a journey through honest faith and fragile trust. And you are not alone.

Day 1: The Honest Cry

Scripture: Mark 9:24 "I do believe; help my unbelief!"

Reflection:

There's something sacred about a broken voice. In Mark 9, a desperate father brings his tormented son to Jesus. He's tried everything. He's exhausted. And when Jesus tells him that "everything is possible for one who believes," the father doesn't fake confidence. He simply says, "I do believe; help my unbelief!"

This is not a contradiction—it's a confession. A paradox wrapped in vulnerability. And Jesus doesn't rebuke him. He responds with healing.

Faith isn't the absence of doubt. It's the courage to bring both belief and unbelief to Jesus. That kind of prayer moves heaven.

Prayer Prompt:

"Lord, meet me in my tension. I bring both belief and doubt to You. I trust You—but I need Your help to trust You more."

Action Step:

Journal one area of your life where you feel both faith and uncertainty. Let your honesty be your offering.

Day 2: When Mountains Don't Move

Scripture: *Romans 5:3–5 "...suffering produces perseverance; perseverance, character; and character, hope."*

Reflection:

We've all prayed for mountains to move. Sometimes they do. But sometimes they stay rooted, stubborn, immovable. And in those moments, it's easy to feel forgotten.

But Scripture reminds us that suffering isn't a detour—it's a pathway. God doesn't waste pain. He uses it to shape us, deepen us, and draw us closer to hope that doesn't disappoint. Faith isn't just about miracles—it's about endurance. It's trusting that God is working even when the answer is "not yet." Or "not this way." Or "not what you expected."

You may be standing in front of a mountain today. Don't walk away. Stay. Wait. Trust. God is doing something beneath the surface.

Prayer Prompt:

"Jesus, help me endure when answers feel delayed. Teach me to trust Your timing more than my own expectations."

Action Step:

Write a letter to God expressing your deepest unanswered prayer. Don't hold back. Let it be a conversation, not a performance.

Day 3: The Silence Between Prayers

Scripture: *Psalm 13:1–2 "How long, Lord? Will you forget me forever? How long will You hide Your face from me?"*

Reflection:

There's a kind of ache that comes not from pain itself, but from the silence that follows it. You've prayed. You've waited. And still—nothing. No whisper. No sign. Just the echo of your own longing.

David knew that silence. His psalms are raw with it. But he didn't stop praying. He didn't stop writing. He didn't stop reaching.

Sometimes, silence isn't absence—it's invitation. An invitation to wrestle, to question, to stay in the tension. God isn't offended by your honesty. He welcomes it. He meets you in it. Faith isn't pretending everything's fine. It's choosing to stay in conversation with God, even when He seems quiet. Prayer

Prompt:

"Lord, I don't understand Your silence. But I choose to stay. Speak to me in ways I might not expect."

Action Step:

Take five minutes of complete silence. No music. No distractions. Just breathe. Then write down what surfaced—questions, emotions, memories. Let it be your offering.

Would you like me to continue with Day 4 next, or pause here for any edits or additions? We're crafting something truly soul-stirring.

Day 4: Faith in the Fog

Scripture: *Mark 9:24 "I do believe; help me overcome my unbelief!"*

Reflection

Faith isn't always a blazing fire. Sometimes it's a flicker in the fog. You believe—but you also doubt. You trust—but you also question. And that's not failure. That's human.

The father in Mark 9 didn't hide his struggle. He brought it to Jesus, raw and unfiltered. And Jesus didn't rebuke him—He responded with healing.

God isn't looking for perfect faith. He's looking for honest hearts. The kind that say, "I'm trying, Lord. I'm here. Even if I'm trembling."

Your doubts don't disqualify you. They're part of the journey. And when you bring them into the light, they lose their power to isolate you.

Prayer Prompt

"Jesus, I bring You my mixed-up heart—faith and fear, belief and doubt. Meet me in the fog and lead me forward."

Action Step

Write down one area where you feel unsure or conflicted in your faith. Then write a second sentence: "Even here, I choose to trust You."

Day 5: The Strength to Stay

Scripture: *Isaiah 40:31 "But those who wait on the Lord shall renew their strength; they shall mount up with wings like eagles..."*

Reflection

Waiting feels passive. Weak. Like doing nothing while life moves on without you. But in God's economy, waiting is strength training.

Isaiah doesn't say the strong are those who rush ahead. He says strength is found in those who wait—who stay, who trust, who refuse to give up even when the answers are slow.

Waiting is not weakness. It's worship. It's saying, "I believe You're working, even when I can't see it."

And in that waiting, something shifts. You don't just survive—you soar. Not because the circumstances changed, but because your heart did.

Prayer Prompt

"Lord, teach me to wait well. Not with frustration, but with faith. Renew my strength as I trust in You."

Action Step

Think of one area in your life where you're waiting. Write down three things God might be growing in you during this season—patience, trust, compassion, etc.

Day 6: You Are Still His

Scripture: *Romans 8:38–39 "For I am convinced that neither death nor life... nor anything else in all creation will be able to separate us from the love of God that is in Christ Jesus our Lord."*

Reflection

There are days when you feel like a stranger to yourself. When your faith feels thin, your heart feels heavy, and your prayers feel hollow. You wonder if you've drifted too far, doubted too much, disappointed God beyond repair.

But here's the truth: you are still His.

Not because you've held on perfectly, but because He has. His grip is stronger than your stumble. His love is louder than your silence. His grace is deeper than your confusion.

You don't have to earn your place in His heart. You already have it. Fully. Forever.

So breathe. You are not forgotten. You are not disqualified. You are still His.

Prayer Prompt

"Father, remind me again that I belong to You—not because I'm flawless, but because You are faithful."

Action Step

Write the words "I am still His" somewhere visible—on your mirror, your phone wallpaper, or a sticky note. Let it be your anchor today.

Day 7: Sent in the Struggle

Scripture: *John 20:21–22 "Again Jesus said, 'Peace be with you! As the Father has sent Me, I am sending you.' And with that He breathed on them and said, 'Receive the Holy Spirit.'"*

Reflection

Jesus didn't wait for His disciples to be fearless before sending them. He met them in a locked room—afraid, confused, uncertain—and He spoke peace. Then He breathed purpose into their fear.

You don't have to have it all figured out to be used by God. You don't need perfect faith to carry His message. You just need to be willing. Honest. Present.

The same Spirit that hovered over chaos in Genesis now hovers over your life. And He sends you—not because you're flawless, but because you're faithful enough to say yes.

You are sent. Even in your struggle. Especially in your struggle.

Prayer Prompt

"Holy Spirit, breathe on me again. Send me into my world with peace, purpose, and the courage to be real."

Action Step

Write down one person or place you feel called to impact. Then write a simple prayer of commissioning: "Lord, send me."

Want to Go Deeper?

This devotional is just the beginning.

If these seven days stirred something in you—questions, hope, healing—then the full book *I Believe, Help My Unbelief* is your next step. In it, Gideon Oosthuizen takes you deeper into the tension between faith and doubt, exploring real stories, raw prayers, and the relentless grace of God.

Through honest reflection and Scripture-rooted insight, the book offers a journey—not toward perfect faith, but toward authentic relationship. Whether you're wrestling with silence, waiting for breakthrough, or simply longing to believe again, this book was written for you.

Available now in print and Kindle formats.

Let your journey continue.