



The influence of faith on adversities: report of this experience in the book of Jo

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Summary

Worldwide, the Holy Scriptures are exclusively sacred history, testimony of belief for Christians around the world, being an important doctrinal document of real events. According to the Bible, Faith is the substance of things hoped for, the evidence of things not seen. Thus, the objective of this work was to portray the influence of Faith during the countless adversities that the human population ends up going through throughout their lives, making a comparison with Job, a man mentioned in the Bible who experienced difficult times without losing his Faith. The research was carried out from a review of specialized literature, consulting articles published between the years 2003 and the most recent 2021. It was found that there is an intimate manifestation and intensification of Faith in periods of adversity, favoring the passage of these moments with a certain tranquility and peace in our hearts, since we have the manifestation of God in our lives, giving us hope and confidence in overcoming these adversities.

Key words:Faith; Religiosity; Adversity; Holy Scriptures

Abstract

Worldwide, the Holy Scriptures are exclusively sacred history, a testimony of belief for Christians around the world, being an important doctrinal document of real events. According to the Bible, Faith is the substance of things hoped for, the evidence of things not seen. Thus, the objective of this work was to portray the influence of Faith during the countless adversities that the human population ends up going through during their lives, making a comparison with Job, a man quoted in the Bible who experienced difficult moments without losing his Faith . carried out from a review of the specialized literature, with articles published between the years 2003 to the most current 2021 being consulted. peace in the heart, since we have the manifestation of God in our lives, giving hope and confidence in overcoming these adversities. **Keywords:**Faith; Religiosity; Adversity; Holy Scriptures

1. Introduction

The Christian faith is based on the words of Jesus Christ referenced in the Holy Bible, which presents a comprehensive answer to the entire meaning of life and the world based on divine Revelation (MAZZAROLO et al., 2015). Even so, for a long time religiosity was viewed and labeled with prejudice, as it is common for people to even feel ashamed to say that they belong to a religion for fear of becoming the subject of jokes or mockery. However, nowadays, human beings are increasingly turning to their religiosity/spirituality, both in moments of suffering and

in moments of gratitude for their achievements (GERONASSO and COELHO, 2012).

305 Religiosity and Faith expressed in people favor psychological well-being with a reduction in the incidence of depressive conditions, suicidal thoughts, drug use, highlighting the finding that at-risk populations such as the elderly or terminally ill demonstrate an improvement in their quality of life when they have religiosity established in their daily lives (MOREIRA-ALMEIDA et al., 2006; MARTELLI, 2019).

It's difficult to have faith when we feel far from our dreams and promises. Hoping against hope can be a challenge in times of crisis and insecurity. But today, we can choose to believe rather than doubt. By Faith we can deal with what we do not yet see. By Faith we can see the dark night and have hope that tomorrow will dawn bringing a warm and growing sun. By Faith we believe that all things were created by the Word and we believe that the Word was made



flesh, dwelt among us and gives us a new history (CINTRA, 2016). As a definition of Faith in the Holy Bible we have: *"Now, faith is the certainty of things that are hoped for, the conviction of facts that are not seen. For by faith the ancients obtained a good report. By faith, we understand that the universe was formed by the word of God, so that the visible came into being from things that do not appear"* Hebrews 11.1-3 (HOLY BIBLE, 2011).

However, some people, even experiencing difficult times during adversity, be it in any area, manage to overcome it, due to a solid connection with the world that surrounds them, especially when the social environment provides them with some help, such as support from groups. religious and the subject's own Faith (GERONASSO and COELHO, 2012).

In this sense, Holy Bible portrays the life of a man called Job and how his world fell apart overnight and suddenly everything he had was gone in a matter of minutes. What Faith could exist in the heart of this man, who even when faced with the greatest tragedies of life, did not blaspheme, but continued to honor God with his lips. Even when he lost everything he loved, he did not sin against the Lord (CINTRA, 2016) and said: *"Naked I came from my mother's womb and naked I will return; the Lord gave it and the Lord took it away; blessed be the name of the Lord"*. Even going through all this, Job did not sin, nor did he attribute any fault to God. Job 1.21-22 (HOLY BIBLE, 2011). Job's experience leads us to reflect on difficult questions regarding the causes of suffering, the fragility of human existence and the reasons for believing in God, even when life seems unfair. Given these facts, this study aimed to carry out a literature review on the influence of Faith and religiosity during the countless adversities that the human population ends up going through throughout their lives, making a comparison with the life and story of Job, the man portrayed in the Holy Scriptures that he experienced difficult times without losing his Faith.

2 Methodology

This is an observational and descriptive investigation of the Holy Scriptures, scientific articles and books that portray the power of Faith in the face of adverse situations experienced by human beings.

To compose this review, a bibliographical survey of scientific articles published up to 2021 was carried out using the following descriptors in Portuguese, alone or in combination: Faith; Religiosity; Adversity; Holy Scriptures; Jó. In selecting the material, three steps were taken. The first was characterized by the research of the material between the months of January and February 2022 with the selection of 20 works. The second involved reading the titles and summaries of the works, aiming for greater approximation and knowledge, excluding those that had no relationship or relevance with the topic. After this selection, the texts that were available in full were searched, totaling 13 works, which were included in the review.

During reading and evaluation, articles that presented the eligibility criteria were selected and included in the research by consensus. As exclusion criteria, incomplete references and currently discredited information were used, since this research intended to review updated knowledge on the proposed topic.

3 Manifestation of Faith in adversity

We live in a globalized world and in the rush of everyday life, and as a result, many people end up not establishing priorities, especially when we talk about establishing a devotional routine with God, which is essential for strengthening our Faith and our spiritual growth. Faith gives us strength to face difficulties and problems, such as stress at work, family conflicts, setbacks in marriage, and all types of disasters, such as plagues, famines, among others. In this sense, Jesus Christ portrays in the Holy Bible: *"I assure you that if you have faith and do not doubt, you will not only be able to do what was done to the fig tree, but also say to this mountain, 'Get up and throw yourself into the sea,' and it will be done."* Matthew 21:21 (HOLY BIBLE, 2011). This word assures us that if we have Faith we will go through adversity with the certainty of victory in the end.

The power of Faith can be proven in many places in this world, especially when it comes to people's health; Scientists were shaken by the events that occurred in sanctuaries around the world, in

306 especially, in the city of Lourdes, a small town in the French Pyrenees, where thousands of cures inexplicable by science, who, unable to prove possible fraud, were forced to admit the facts, although they were unable to explain them, they were attributed to people's prayers and faith by an international committee of doctors (SAVIOLI, 2007).

A study carried out by Geronasso and Coelho (2012) found that after people were diagnosed with cancer, even though there were questions about the reason for the disease, there were no shakes in their Faith, not holding God responsible for this suffering. In the search for relief and comfort, together with their family members, these people turned to religious practices such as attending church and saying prayers, renewing their vows of Faith. The same authors demonstrated that for those interviewed there is a strong connection between their Faith and recovery of their illness, even in cases where they had been

disappointed by doctors, attributing their improvement to Faith. Gomes (2008) points out in his work that faith gives strength to endure the suffering caused by the development of the disease.

Frankl (2003) exposes faith as a creative providence that springs from an inner strength, making man stronger in the face of countless adverse situations, with ultimately nothing being meaningless and nothing ever happening in vain. As pictured *"My brothers, consider it a source of great joy when you face various trials, for you know that the testing of your faith produces perseverance."* James 1:2-3 (HOLY BIBLE, 2011).

In these situations of pain and suffering, many people look for meanings and explanations that go far beyond the perceptions of the here and now, the earthly dimension of understanding what is happening and religious and spiritual involvement has been positively combined with facing these adversities, as it allows for fewer depressive symptoms, greater adherence to treatment, reduced stress and a better quality of life (ROCHA *et al.*, 2016).

Souza Jr. *et al.* (2015) show that when the topic of spirituality was taken by a chaplain to patients in the dialysis unit under his religious assistance, there was a general improvement in the performance of the multidisciplinary team and in responding to the patients' spiritual desires. Among the doctors evaluated, it was observed that 50% value Faith in God, placing it above religion. For them, religion simply represents different ways of exercising Faith. In conclusion of this study, among patients, 90% see in religion a factor of hope for healing and good evolution of the disease and believe that God is above their illnesses and that, by placing your trust in him, there are greater prospects for healing, making the definition of Faith portrayed in the Holy Scriptures valid.

The more attached to spiritual aspects, the more the family identifies resources and maintains its energy to move the stressful situation forward. Religion or religiosity does not have the power to resolve the situation instantly, but rather, to renew energy so that the family can identify resources and learn to deal with situations (BOUSSO *et al.*, 2011).

Serious pathological conditions or situations of great stress favor another factor attributed to Faith in people, through which a review of values occurs, making them better at the issue of individuality and attachment to material goods and caring more about their family, friends and training. of new friendship circles. *"The Lord establishes a man's steps when his conduct pleases Him; even if he stumbles, he will not fall, for the Lord takes him by the hand."* Psalms 37:23-24 (HOLY BIBLE, 2011).

4 Demonstration of Faith in the Book of Job

In life, many people face numerous difficulties, such as financial constraints, family constraints, the torment of illness and setbacks at work. When we suffer trials, we do not understand God's will and, therefore, we often feel weak and negative and even misinterpret God, a situation that leaves us vulnerable.

The aforementioned book of Job in the 42 chapters portrays a narrative of how a God-fearing man had his faith tested to the extreme. This person faces various adversities, sadness and suffering in the face of economic, family issues and illnesses due to the oppression to which they are subjected, promoting various feelings of fear, loneliness, anguish and recklessness (RUTHES and STIGAR, 2016). This book portrays that God allowed Satan to touch Job's things: *"Behold, all that he has is in your power; only do not stretch out your hand against him."* Job 1:12 (HOLY BIBLE, 2011).

And Satan departed, shortly afterwards Job suffered sudden and violent attacks: first, his oxen and donkeys were plundered, and some of his servants were killed; then his sheep and some more servants were consumed by fire; after this his camels were taken and some more of his servants were murdered; finally, their sons and daughters had their lives taken. During these attacks, Satan only targeted things that were under his power and his children, and did not harm Job (DAILY EVANGELHO, 2021).

Faced with these facts, Job changed from a rich man possessing great wealth to someone who had nothing, a tremendous suffering, but Job demonstrated his God-fearing side. The Holy Scriptures record that Job stood up, tore his cloak, shaved his head and, throwing himself on the ground, worshiped God without appearing surprised or panicked, expressing no feelings of anger or hatred. 'Tore his cloak' means that he was naked and possessed nothing; 'shaved his head' means that he had returned before God as a newborn baby; 'casting himself on the ground, he worshipped' means that he came into the world naked, and yet with nothing today, he was returned to God as a newborn baby.

307 born (DIARY EVANGELHO, 2021). Then Satan asked permission to touch Job – The Lord said to Satan: *"Well, it's in your hands; just spare his life"* Job 2:6 (HOLY BIBLE, 2011). Posteriorly,

the patriarch was affected by severe skin lesions. The suffering was so great that he scratched his body with pieces of tile. *"So Satan went out from the presence of the Lord and afflicted Job with terrible wounds, from the soles of his feet to the top of his head. Then Job picked up a piece of crockery with which he was scraping himself, sitting among the ashes."* Job 2:7,8 (HOLY BIBLE, 2011). Job's assets were gone, Job's family was destroyed and yet Job maintained his loyalty to God. His wife, faced with this whole situation, advised Job to deny God and die as portrayed in the Scriptures *"Do you still maintain your integrity? Curse God, and die!" He replied: "You speak like a fool. Will we accept the good given by God, and not the evil?"* Job 2:9-10 (HOLY BIBLE, 2011). In all this Job did not sin with his lips.



After all the suffering suffered by this man, God comes to Job and brings him a deep and direct message for remaining faithful; Job had his life restored with his family restored with more sons and daughters, Job's assets were restored and multiplied and in the end he lived his days enjoying the blessings of the Lord. "The Lord blessed the end of Job's life more than the beginning. He had fourteen thousand sheep, six thousand camels, a thousand yoke of oxen, and a thousand donkeys; He also had seven sons and three daughters; The first daughter he named Jemima, the second Cheziah and the third Queren-Hapuque; Nowhere in that land were there women as beautiful as Job's daughters, and their father gave them inheritance along with their brothers; After this Job lived one hundred and forty years; he saw his children and their descendants to the fourth generation; And then he died, at a very old age" Job 42:12-17 (HOLY BIBLE, 2011). Job's Faith in God was unconditional and beyond the realm of belief with great fear and obedience. This man's Faith caused him to humble himself by giving thanks to God for giving him many good things, but also for taking those same things from him, being able to take on the responsibility of returning everything he had to God, including his life. This Faith can be seen in the book of James which says, "As you know, we consider those who show perseverance to be happy. You have heard about Job's perseverance and seen the end that the Lord brought him. The Lord is full of compassion and mercy" James 5:11 (HOLY BIBLE, 2011). May we persevere in moments of adversity and by believing in God we will know that victory will be guaranteed.

Final considerations

This study brought together evidence that religiosity, prayer and Faith have a positive influence in periods when we are going through some adverse situation, be it in any area, favoring a certain tranquility, hope and confidence in the face of God's manifestation in our lives, as happened with Job.

The book of Job describes the fate of this man who loses his possessions, his health and his children, entering into profound loneliness, situations that lead him to find God's wisdom through suffering, with Faith as the main pillar of this understanding and confrontation. We believe that the message of wisdom exposed in this book can teach and guide us in this world that oppresses us with different eyes, making us hopeful, meek and humble.

Job's passage inspires fidelity to God, being an example that we all go through trials regardless of whether we are God-fearing or not. However, through our faith and trust in God we will pass with patience and hope.

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