

Sunday 5th October 2025. Trinity 16. BCP Benefice HC  
Stonegrave.

The apostles said to the Lord, *“Increase our faith!”*

Do you ever ask the same? Do you ever feel that you would like a bit more faith? A little more trust that God really is in control of this world, a little more belief that it is all going to be okay. We just have to have faith. We are here today because we have at least a little faith. But if you have ever wished you had a little more, you are certainly not alone.

How much faith is enough? The apostles feel as though they need more faith to face the challenges that Jesus is placing before them. So they ask Jesus to increase their faith. If they are going to do everything that Jesus asks of them, they will certainly need more it seems, at least that is what they believe. But that turns out not to be true. They don't in fact, need more faith.

When the apostles ask Jesus to increase their faith, he offers a very famous response. He tells them that if they have faith the size of a mustard seed, they have more than enough. The mustard seed is not the smallest seed that exists, but it is the smallest seed that the disciples knew about. It is tiny. And Jesus tells them that if they have faith the size of this tiny seed, they have more than enough. Jesus is saying to them and to us, is that if we have any faith at all, it will be enough. Or, to put it another way, if we have enough faith to ask for more, then we already have enough.

The apostles ask for more faith, which is probably not surprising because Jesus often tells them they have little faith! But he isn't telling them they should have more, he is telling them that what they have, however little it might seem, is enough and to trust it. If they have some faith - if

we have some faith – then we have enough. Faith the size of a mustard seed is plenty, Jesus says. Why? Because it's not a question of how much faith we have – it's a question of who we put our faith in.

Anne Lamott takes this one step further when she writes, “*The opposite of faith is not doubt, but certainty. Certainty is missing the point entirely. Faith includes noticing the mess, the emptiness and discomfort, and letting it be there until some light returns.*”

This is all that Jesus asks of us, to notice the mess and wait for the light. To trust him, even when things seem very dark, to hold onto our mustard seed sized faith, because that is enough. Not because of the amount of our faith, but because of who we are placing it in.

So, we don't have to have it all worked out, we don't need certainty, we don't need to see the whole picture because God is in charge, and God knows what he is doing. There is more going on than any one of us knows or understands. We are called to trust him, to get on with our lives and fulfil our calling. Or, as the great saint and theologian Augustine put it, “*we do not understand in order to believe. We believe in order to understand.*” Trust Jesus, have faith and in time we will understand his purpose and his plan.

We ‘see through the glass dimly’, as scripture puts it. That's why we need faith because it gives us the light to live by, to see, to go on, even in the darkest times. Jesus says to us, trust me; trust me and follow me and eventually it will all become clear, not by your timing, but by God's which is always perfect timing. Your faith, however small it may seem, is enough, because it isn't about how big your faith is. It never was. It was always about who you put that faith in. No matter how little our faith, when we put it in

Jesus there is no end to what he can accomplish through us.

Thanks be to God. Amen.

**Blessing of Memorial Plaque in memory of Robert Thornton**

We give thanks today for the life of Robert Thornton and the precious legacy of his work that marks him out in a unique way, that has come down to us today and for his and his family's place in this village and church. In memory of him, today we bless this plaque for which we give thanks. May it be a means of connection to Robert and blessing for all who visit. In the name...