



Teresa Ford
COACHING

HELP THOU MY UNBELIEF:

10 HABITS to Turn Fear into Faith Workbook

by Teresa Ford



INTRODUCTION

“Help Thou my unbelief.” (Mark 9:24)

We all wrestle with doubt. This workbook is an invitation to examine our hearts honestly, to let God till the hardened soil, plant seeds of faith, and cultivate a trust that goes beyond outcomes.

This is not about being better, but belonging more fully to God. It's about offering Him our agency—the gift He gave us—and receiving His guidance in return.

We'll use Willy Wonka & the Chocolate Factory as a playful, profound parable of spiritual lessons about hope, integrity, humility, surrender, trust, and childlike faith.

Let's begin.



HABIT 1:

Plant the Seed—Let Go of the Outcome

Willy Wonka Parable

Charlie wants the golden ticket so badly he obsesses over it. But the moment he buys a bar “just for the fun of sharing it,” he finds the real ticket.

Faith is planting the seed and leaving it buried, trusting God to grow it. Doubt is yanking it out of the dirt to see if it’s sprouting.

***“Now faith is the substance of things hoped for,
the evidence of things not seen.”
(Hebrews 11:1)***

Teaching

God doesn’t promise to give us what we want how and when we want it. He promises He sees us, hears us, and knows better than we do what will bring us lasting joy.

Fear says: *If I don’t control this, it won’t happen.*

Faith says: *God is good, even if I don’t see it yet.*

Our job isn’t to engineer the miracle but to remain willing, watchful, and trusting.



Deep Reflection Questions

- *Where in my life am I trying to force an outcome?*

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Practice

- *Write down a prayer you've been "digging up." Fold it, pray over it, and commit to leaving it in God's soil.*

- *Prayer: "Father, help me release my grip. I trust You to do what only You can do."*



HABIT 2:

Cultivate Wonder Without Attachment

Willy Wonka Parable

Charlie buys the last bar after learning the 5th ticket was supposedly found. He was relieved of the pressure, buying it to share. His heart softened. Hope remained, but the clinging was gone.

Faith invites hope without demand. Wonder without guarantee.

***“Unless you change and become like little children,
you will never enter the kingdom of heaven.”
(Matthew 18:3)***

Teaching

Children hope freely. They dream big. But they can also accept “not now” without bitterness when guided gently.

Adults often demand results on their timetable. Faith requires us to cultivate childlike openness while releasing outcomes.



Deep Reflection Questions

- *How attached am I to the how, when, and where of God's answers?*

- *What do I fear losing if I let go of the outcome?*

- *When things are going well, do I still seek God's voice? Or do I forget to invite Him in?*

- *Do I make room for wonder?*

Practice

- *Gratitude walk: Notice small beauties around you. Thank God for them, without asking for anything.*

- *Prayer: "Lord, teach me childlike wonder. Free me from demanding my way."*



HABIT 3:

Treasure Your Agency— The Everlasting Gobstopper

Willy Wonka Parable

Wonka gives each child the Gobstopper as a test of trust. Slugworth tempts them to betray it for money. Only Charlie returns it, showing integrity.

Agency is our God-given power to choose. Will we use it to serve ourselves or surrender it back to Him in trust?

“Not my will, but thine, be done.”
(Luke 22:42)

Teaching

God gave us agency as the ultimate expression of love and trust. True discipleship is offering it back freely, saying: I want Your will over mine.



Deep Reflection Questions

- *How am I using my agency? For self-preservation, or service?*

- *Where do I resist giving God control?*

- *What would change if I truly trusted His plan?*

- *Do I believe He knows me better than I know myself?*

Practice

- *Make a list of decisions you're facing. Pray over each: "Thy will be done."*

- *Prayer: "Father, I give You my agency. Use it for Your glory."*



HABIT 4:

Confess When You Drift— The Fizzy Lifting Drink

Willy Wonka Parable

Charlie and Grandpa Joe break the rule, drink the fizzy lifting drink, and nearly die. They're only saved by humbly burping themselves down.

Confession is spiritual burping—releasing pride and admitting we can't fix ourselves alone.

***“If we confess our sins, He is faithful
and just to forgive us.”***

(1 John 1:9)

Teaching

Trials often humble us, bringing us to our knees. But what about when life is easy? Are we confessing pride, self-reliance, or spiritual sleepiness?



Deep Reflection Questions

- *When was the last time I truly confessed my struggles to God?*

- *Am I willing to own my part in my spiritual distance?*

- *What “fizzy lifting drinks” tempt me to ignore His guidance?*

Practice

- *Sit quietly. Ask God: “Show me where I’ve strayed.” Listen without defense.*

- *Prayer: “Forgive me. Help me see what You see.”*



HABIT 5: Practice Humble Gratitude

Willy Wonka Parable

Charlie was grateful for the adventure, even when he thought he had lost. He didn't demand the prize.

God isn't obligated to answer prayers our way. Gratitude aligns us with His higher purpose.

“In everything give thanks.”
(1 Thessalonians 5:18)

Teaching

Gratitude is faith in action. It says: I trust You even when I don't understand.

Even hardships can be blessings, drawing us closer to Him, teaching us compassion, humility, and dependence.



Deep Reflection Questions

- *Can I thank God for my challenges?*

- *What have my trials taught me about His faithfulness?*

- *How do I act when I don't get what I want?*

Practice

- *Write 5 unexpected blessings from past hardships.*

- *Prayer: "Thank You for loving me enough to teach me what I need."*



HABIT 6:

Give Without Expecting— Returning the Gobstopper

Willy Wonka Parable

Charlie returns the Gobstopper without expectation of reward. It's pure surrender.

True faith is giving God our hearts without bargaining for blessings.

“Freely you have received; freely give.”
(Matthew 10:8)

Teaching

We often use prayer like a contract: I'll do this if You do that.

God wants us to give ourselves freely, trusting His goodness without deals or manipulation.



Deep Reflection Questions

- *Do I give to God and others with strings attached?*

- *Where am I bargaining instead of trusting?*

- *What would it look like to love God simply because He is worthy?*

Practice

- *Perform an anonymous act of kindness today.*

- *Prayer: "Teach me to give like You do."*



HABIT 7:

Accept Correction with Grace

Willy Wonka Parable

Wonka's harsh words reveal Charlie's mistake. Grandpa Joe gets defensive. Charlie accepts it quietly.

God's correction is not condemnation but redirection.

“My son, do not despise the Lord’s discipline.”
(Proverbs 3:11-12)

Teaching

How do you react when God says no? When He convicts your heart? When He humbles you?

A childlike spirit accepts correction, trusting the Parent knows best.



Deep Reflection Questions

- *Do I get defensive when God says no?*

- *How do I respond to spiritual correction?*

- *Am I willing to be led, or do I demand my way?*

Practice

- *Reflect on a time God's "no" led to something better.*

- *Prayer: "Give me a teachable heart."*



HABIT 8:

Embrace Abundance— Winning the Factory

Willy Wonka Parable

Charlie's humility leads to the ultimate reward: the entire factory.

God isn't on a budget. He wants to bless us beyond our imagination—but on His terms, in His timing.

***“Now to Him who is able to do immeasurably
more than all we ask or imagine.”***

(Ephesians 3:20)

Teaching

We limit God with our fear and doubt. Faith is believing He has abundance for us—even if it doesn't look like we expect.



Deep Reflection Questions

- *Where do I limit God's goodness in my mind?*

- *What would change if I believed He has abundance for me?*

- *Can I accept blessings even when they come through hardship?*

Practice

- *Dream with God. Write your deepest desires without editing.*

- *Prayer: "Expand my vision to see Your abundance."*



HABIT 9:

Let God Lift You Higher— The Glass Elevator

Willy Wonka Parable

The elevator doesn't just move sideways—it goes up and out. It breaks the roof, lifting them into the sky.

Faith isn't just survival—it's soaring in God's greater vision.

“They will soar on wings like eagles.”
(Isaiah 40:31)

Teaching

God wants to lift you higher than you've imagined. But He won't force you in the elevator. You must choose to trust.



Deep Reflection Questions

- *What view is God inviting me to see?*

- *What fears keep me from stepping into the elevator?*

- *Am I willing to leave the familiar to see what God sees?*

Practice

- *Close your eyes. Visualize stepping into God's elevator. Ask Him to show you where He wants to take you.*

- *Prayer: "I'm willing to go where You lead."*



HABIT 10: **Be the Light—** **“So Shines a Good Deed”**

Willy Wonka Parable

Wonka says, “So shines a good deed in a weary world,” moved by Charlie’s pure act.

Your agency is your light. Use it to bless, heal, and uplift.

“You are the light of the world.”
(Matthew 5:14)

Teaching

Faith doesn’t just change us. It changes the world.

When you align your will with God’s, you become His hands, His heart. Heaven comes to earth through you.



Deep Reflection Questions

- *Where is my world weary?*

- *How can I shine God's light there?*

- *What gifts has He given me to share?*

Practice

- *Commit to one concrete way you'll serve or bless someone this week.*

- *Prayer: "Make me Your light in a weary world."*



CONCLUSION

You have a golden ticket. You have an Everlasting Gobstopper—your agency.

Will you give it back to God?

Will you trust Him to take you places you never imagined?

Will you let your faith be the light that shines in this weary world?

“Help Thou my unbelief.”



ABOUT THE AUTHOR

Teresa Ford is an Empowerment Coach, author, speaker, and creator of SHE RISES—a transformational experience for powerhouse women ready to stop betraying their potential and start living fully alive!

Through her own journey of spiritual reclamation, emotional liberation, and embodied wellness, Teresa now helps women worldwide rewrite their stories, reclaim their power, and boldly rise.

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