



# What if I Still Have Doubts?

## I. Exploding myths about doubt

• Doubt is **not** \_\_\_\_\_.

**Biblical example:** \_\_\_\_\_.

“Why, O LORD, do you stand far off? Why do you hide yourself in times of trouble?” Ps. 10:1

• Doubt is **not** \_\_\_\_\_.

**Biblical example:** \_\_\_\_\_.

“John sent his disciples to ask Jesus, ‘Are you the one who was to come, or should we expect someone else?’ Jesus replied, ‘Go back and report to John what you hear and see... I tell you the truth: Among those born of women there has not risen anyone greater than John the Baptist...’” Matt. 11:3,4,11

• Doubt is **not** always \_\_\_\_\_.

**Biblical example:** \_\_\_\_\_.

“Then Jesus said to Thomas, ‘Put your finger here; see my hands. Reach out your hand and put it into my side. Stop doubting and believe.’ Thomas said to him, ‘My Lord and my God!’” John 20:27

“If faith never encounters doubt, if truth never struggles with error... how can faith know its own power? In my own pilgrimage, if I have to choose between a faith that has stared doubt in the eye and made it blink, or a naive faith that has never known the firing line of faith, I will choose the former every time.” Gary Parker in *The Gift of Doubt*

## 2. Roots of doubt

- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_

## 3. What to do with doubt

### Take steps of F-A-I-T-H:

- \_\_\_\_\_ the root of your doubt
- \_\_\_\_\_ God and others for help
- \_\_\_\_\_ a course of treatment
- \_\_\_\_\_ of your spiritual health
- \_\_\_\_\_ your remaining questions in tension

### Resources

Patrick Glynn, *God: The Evidence*  
 Josh McDowell, *Evidence That Demands a Verdict*  
 Luis Palau, *God Is Relevant*  
 Gary Parker, *The Gift of Doubt: From Crisis to Authentic Faith*  
 Jeffery L. Sheler, *Is the Bible True?*  
 Lee Strobel, *The Case for Faith, The Case for Christ, The Case for the Creator*  
 Ravi Zacharias, *Can Man Live Without God?*

## Daily Meditations

Here’s a chance to spend some time each day this week meditating on today’s topic! Write your answers on another piece of paper this week.

### This week’s memory verse:

“Then Jesus told him, “Because you have seen me, you have believed; blessed are those who have not seen and yet have believed.” John 20:29

### Monday

Look over the notes from this weekend. Which of the myths about doubt, if any, do you sometimes buy into?

What “root of doubt” is the one you’re prone to?

Which of the “F-A-I-T-H” points particularly struck you?

*Pray to God today about the areas where you have doubt. Thank Him for the evidence He provides-- ask Him to help you see it!*

## **Tuesday**

Read John 20:24-31. Why do you think Thomas doubted?

Do you ever doubt for similar reasons?

Why do you suppose Jesus waited seven days to appear to Thomas?

How did Jesus deal with Thomas' doubt?

What does this tell you about what God thinks of your doubts?

*Today, tell God about the areas of your faith about which you have no doubt-- and the areas you struggle with. Ask Him for help!*

## **Wednesday**

There are many intriguing Psalms where David's doubt and frustration with God are expressed beautifully. Three thousand years later, we can still identify with his pain and frustration-- and relief! Some of these: Psalm 10, Psalm 13, Psalm 22, and Psalm 42.

Read some of these Psalms today. Many people are surprised to read such cries toward God in the pages of the Bible itself! What does the fact that God's Word contains such verses tell you?

Some Christians seem to adopt an unrealistically cheerful attitude, to the point where they never admit to being confused by God, or having any doubts. Why is it important to know that the Bible itself contains words of honest struggle with faith?

*Try writing-- or at least praying-- an honest Psalm of your own. If you are joyful today, tell God why! If you have doubts or struggles, be as honest about your emotions as David was!*

## **Thursday**

One of my favorite "Psalms of Doubt" is Psalm 77. I call this the "Monumental Faith" Psalm. After you read it, answer these questions:

In the first nine verses, David starts by describing his emotional state: He can't sleep, he doubts God's goodness, he feels hopeless. Have you ever felt this way?

Starting in verse 10, David finds a cure for his hopelessness. What is it?

I call this "Monumental Faith" because it cures hopelessness about the *future* with certainty about the *past*-- by looking at *monuments* of faith. David meditates on the great things God *has* done, so he finds hope for the future. What are ways God has acted in the past that you can recall to help cure your hopelessness and doubt?

*Thank God for those monuments of the past! Ask Him to help you have a sense of hope and faith about your future!*

## **Friday**

Read Matthew 11:1-19. What is John the Baptist apparently questioning or doubting?

Why do you think John is having these questions, considering his situation?

What kind of proof did Jesus offer?

Based on this passage, how do you think Jesus reacts when *you* have moments of doubt?

What specific actions can you take today to strengthen an area of your faith?

*Spend some time thanking God for the evidence of healing and help you've seen in your life and the lives of others you know!*

## **Saturday**

Please pray for the services this weekend as we start a brand new series-- and finish any devotions you may have missed. Thanks!