

TALK IT OVER

Doubting God Week 1 - Dealing with Doubt

ICEBREAKER (Start Talking)

Were you a curious kid? If so, how?

INTRODUCTION (Start Thinking)

We all have questions we're afraid to ask and doubts we're afraid to admit. What if we weren't afraid of tough questions? What if they could actually build our faith? Let's find out!

READ (Start Sharing)

- Some people leave the church rather than ask tough questions. They feel scared and ashamed.
- Read *Matthew 28:16-17*. Doesn't it feel great to know that even the most committed followers of Jesus had doubts?
- Sometimes we doubt because we have questions we can't answer, situations that seem unfair, or unanswered prayers.
- Which of those 3 reasons best describe why you doubt?

READ (Start Sharing)

- Doubts can shake your faith or shape it, hurt your faith or harness it, damage your faith or determine it.
- The story of doubting Thomas teaches us that the strongest Christian is not one that never doubts but one that grows through their doubts.
- Tell about a time you doubted but it made you stronger.

READ (Start Sharing)

- Read *John 20:24-31*.
- Why do you think Jesus was willing to let Thomas touch His hands and side?
- Why do you think Thomas kept showing up even though he doubted?

WHAT WILL YOU DO (Start Doing)

Will you commit to keep showing up with your doubts?

PRAYER (Start Praying)

Heavenly Father, thank You for letting us doubt. You don't demand anything from us. But You give us reason to believe even when we have reason to doubt. In Jesus' name, amen.

READ GOD'S WORD DAILY using S.O.A.P.

Day 1:

When they saw Him, they worshiped Him, even though some of them doubted.

Matthew 28:17 (GNT)

Day 2:

Jesus said, "Anything is possible if a person believes." The father instantly cried out, "I do believe, but help me overcome my unbelief!"

Mark 9:23-24 (NLT)

Day 3:

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 (NIV)

Day 4:

Now faith is the assurance (title deed, confirmation) of things hoped for (divinely guaranteed), and the evidence of things not seen [the conviction of their reality —faith comprehends as fact what cannot be experienced by the physical senses].

Hebrews 11:1 (AMP)

Day 5:

Be merciful to those who doubt.

Jude 1:22 (NIV)