

# Doubting God

## Dealing With Your Doubt

### TALK IT OVER

#### Key Scriptures

*Early on Sunday morning, as the new day was dawning, Mary Magdalene and the other Mary went out to visit the tomb. Suddenly there was a great earthquake! For an angel of the Lord came down from heaven, rolled aside the stone, and sat on it. His face shone like lightning, and his clothing was as white as snow. The guards shook with fear when they saw him, and they fell into a dead faint. Then the angel spoke to the women. "Don't be afraid!" he said. "I know you are looking for Jesus, who was crucified. He isn't here! He is risen from the dead, just as he said would happen. . . ." Matthew 28:1-6 NLT*

*Then the eleven disciples left for Galilee, going to the mountain where Jesus had told them to go. When they saw him, they worshiped him—but some of them doubted! Matthew 28:16-17 NLT*

*One of the twelve disciples, Thomas (nicknamed the Twin), was not with the others when Jesus came. They told him, "We have seen the Lord!" But [Thomas] replied, "I won't believe it unless I see the nail wounds in his hands, put my fingers into them, and place my hand into the wound in his side."* John 20:24-25 NLT

*So then [Jesus] told them plainly, "Lazarus is dead . . . let us go to him." Then Thomas (also known as Didymus) said to the rest of the disciples, "Let us also go, that we may die with him." John 11:14-16 NIV*

*Eight days later the disciples were together again, and this time Thomas was with them. The doors were locked; but suddenly, as before, Jesus was standing among them. "Peace be with you," he said. Then he said to Thomas, "Put your finger here, and look at my hands. Put your hand into the wound in my side. Don't be faithless any longer. Believe!" "My Lord and my God!" Thomas exclaimed. John 20:26-28 NLT*

#### Start talking. Find a conversation starter for your group.

- Share a favorite Easter tradition or memory.
- Share about a time when God felt so close and so real to you that felt like you could almost touch him.

#### Start thinking. Ask a question to get your group thinking.

- Which part of this message was most impactful for you and why?
- Talk about the difference between a journey and a destination. What are some reasons it's helpful to think about your faith as a journey?
- Read **John 20:26-28**. How might doubt be a catalyst for a deeper faith?

#### Start sharing. Choose a question to create openness.

- Share about a time when you doubted your faith or had questions for God. How did you navigate that experience?
- Is there currently something in your life or your faith that you are doubting? What is one way that you can push through, maybe with the help of your Life Group?

#### Start praying. Be bold and pray with power.

*Father, You are bigger than our doubts or questions. We believe that You draw near to us, even if we have doubts. Please show us how we can move forward with our doubts and questions, and show us more of You along the way. In Jesus' name, amen.*

#### Start doing. Commit to a step and live it out this week.

- As you begin processing any doubts you might have, it's important to have the support of someone you trust. Identify someone you trust and reach out to them this week.
- In prayer begin to take your doubts and questions to God. As you pray and do your devotions ask God to help you process them. Jot down in a journal or notebook how God responds to you..