



deconstructing
TOGETHER

Weekend Resources

May 17, 2026

Deconstructing without Destroying

RECAP: Everyone has questions. Some are big. Some are painful. And many feel safer to carry alone. But what if we could face our doubts—together—without walking away from Jesus? Bring your real questions. Stay connected. Don't walk away alone. Let Jesus meet you in the middle of your wrestling.

MAIN POINTS

- God invites our questions. We are commanded to love God with our heart, soul, and mind. Examining our beliefs and asking hard questions is a biblical practice, modeled by Jesus Himself when He challenged the cultural assumptions of His day.
- Life introduces doubt, but isolation intensifies it. No one is immune to spiritual questioning—even Jesus's closest disciples experienced it. However, walking through doubt alone is dangerous. We need a community of believers that makes space for our questions so we can wrestle with them together.
- Jesus meets us in our doubts. When Thomas doubted, Jesus didn't shame him, rebuke him, or push him away. He stepped directly into Thomas's questions and offered Himself. Bringing our doubts to Jesus allows Him to rebuild our faith stronger than before.

GETTING STARTED

- Have you ever experienced a season where something you strongly believed was challenged by a difficult life event? How did you initially react to that uncertainty?

SCRIPTURE

- [Matthew 5:21; 22:37; John 20:25-29](#)

DISCUSSION QUESTIONS

- In John 20, Thomas is honest about his inability to believe without evidence. Why do we often feel pressured to hide our doubts from God and from other Christians?
- Jesus commanded us to love God with all our "mind" (Matthew 22:37). What does it practically look like to engage your mind in your faith, rather than just relying on your emotions or past experiences?
- When Thomas expressed his doubts, the other disciples didn't kick him out; they let him stay in the room. How can we cultivate a community that allows people to belong before they believe, and supports those who are asking difficult questions?

APPLICATION

- Are there any beliefs or assumptions about God that you need to re-examine because they are based more on your past experiences or performance than on the Gospel? Take time this week to search the Scriptures for clarity.
- If you are currently wrestling with doubts, commit to staying connected to your community. Reach out to a trusted friend or leader this week to honestly share what you are processing.
- Practice bringing your questions directly to Jesus in prayer, trusting that He is not intimidated by your need for evidence or understanding.

RESOURCES

- "Religion is often made up of three things - FEELINGS, BELIEFS, AND PRACTICES... You practice first. And as you practice - your beliefs begin to shift... And as your beliefs shift - your feelings tend to follow..." — Arthur Brooks (from *The Meaning of Your Life*)