

## OVERCOME - Doubt

Ice-Breaker: When was the first time you began to question your parents authority?

*“You of little faith,” He said, “why did you doubt?” (Matt. 14:31)*

Could the above verse ever express the reality of your heart at times? If so, name one or two doubts or questions you have about God or the Christian faith (its ok, we all have them). After you name them, categorize them using the following two bullets below.

- **Doubt can be a sincere question (uncertainty)** – *“Then the eleven disciples went to Galilee, to the mountain where Jesus had told them to go. When they saw Him, they worshiped Him; but some doubted.” (Matt. 28:16-17)* Do any of your above-named doubts/questions fit into this “internal hesitation” category?
- **Doubt can be a rejection of the answer (unbelief)** – *“Be merciful to those who doubt; snatch others from the fire and save them...” (Jude 1:22-23a)* Do any of your above-named doubts/questions fit into this “choose not to believe” category?

**Doubt sits between the actual evidence and personal experience** – *“Now Thomas (called Didymus), one of the Twelve, was not with the disciples when Jesus came. So the other disciples told him, ‘We have seen the Lord!’ But he said to them, ‘Unless I see the nail marks in His hands and put my finger where the nails were, and put my hand into His side, I will not believe it.’” (John 20:24-25)* Think about one of your doubts listed above. What actual evidence, if any, do you have with it? What about your personal experience with it? How, if any, could you gain either more actual evidence or personal experience with your personal doubt/question?

☛ **Doubt distracts faith** – *“Unless I see...unless I touch...I will not believe.”*

Read James 1:6-8 - How does your doubt(s) distract your faith?

🔗 **Sometimes God lets me sit in it for awhile** – *“A week later...” (John 20:26)* How long have you been “sitting” with your doubt? (Cross-reference Job 30:20)

**God is far less threatened by my doubt than I am** – *“A week later His disciples were in the house again, and Thomas was with them. Though the doors were locked, Jesus came and stood among them and said, ‘Peace be with you!’ Then He said to Thomas, ‘Put your finger here; see my hands. Reach out your hand and put it into my side.’” (John 20:26-27a)* What do you think was Jesus’ tone with Thomas? What tone do you perceive God would have with you in handling your doubts/questions?

**The risen Jesus can overcome my doubt by...**

- **Forcing a decision** – *“Stop doubting and believe.” (John 20:27b)*
- **Deepening my faith** – *“Thomas said to Him, ‘My Lord and my God!’” (John 20:28)*

As a group, help one another “force a decision” concerning your doubts (refer back to the “personal experience” or “actual evidence” question). How could the other group members help out with moving your doubts to more certainty? On faith trust God to help you overcome your doubts and pray together as a group for this outcome.

*“Because you have seen me, you have believed; blessed are those who have not seen and yet have believed... But these are written that you may believe that Jesus is the Christ, the Son of God, and that by believing you may have life in His name. ” (John 20:29,31)*