

Brick by Brick – Building A Healthy Faith

Moments that Shake Our Faith

Various Texts

Doubts, De-Construction & Re-Construction: Doubt is a part of being human. God has given us the ability to feel, reason, question, and react to the world around us, therefore we are prone to doubt. Some will work through those doubts and come out stronger in their faith, while others will use those doubts as a reason to abandon their faith altogether. This is a serious matter, but it is not new and will continue to happen.

Jesus says in the latter days: *“Then they will deliver you up to tribulation and put you to death, and you will be hated by all nations for my name’s sake. And then many will fall away and betray one another and hate one another. And many false prophets will arise and lead many astray. And because lawlessness will be increased, the love of many will grow cold. But the one who endures to the end will be saved.”* **Matthew 24:9-13**

“Count it all joy, my brothers, when you meet trials of various kinds, for you know that the testing of your faith produces steadfastness.” **James 1:2-3**

Three Types of Faith-Shaking Moments from Thomas’s Journey

- I. Moments of Confusion** – *“Let not your hearts be troubled. Believe in God; believe also in me. In my Father’s house are many rooms. If it were not so, would I have told you that I go to prepare a place for you? And if I go and prepare a place for you, I will come again and will take you to myself, that where I am you may be also. And you know the way to where I am going.”* Thomas said to him, *“Lord, we do not know where you are going. How can we know the way?”* **John 14:1-5**

Doubting might be rooted in confusion regarding what following Jesus is all about. Maybe you were told:

- Following Jesus is the easy life (no problems, pain, or issues).
- You’ll have an answer to every question.
- Christians are always nice, churches are perfect, & everyone will love you.
- If you do your best to be a good Christian, God is obligated to give you a healthy, wealthy, and happy life...guaranteed.

If you have been told or believed any of this, you are destined for a faith-shaking moment where you might say, “I didn’t sign up for this.”

Main Idea: A Healthy Faith Will Be Forged in Response to Faith-Shaking Moments

II. Moments of Trauma

Faith-Shaking Moments of Trauma for Thomas:

- **Judas Iscariot betrays Jesus (& Thomas) for Money:**

“Then one of the twelve, whose name was Judas Iscariot, went to the chief priests and said, ‘What will you give me if I deliver him over to you?’ And they paid him thirty pieces of silver. And from that moment he sought an opportunity to betray him.” **Matthew 26:14-16**

- **Simon Peter Denies Jesus (& Thomas) for Self-Preservation:**

“After a little while the bystanders again said to Peter, ‘Certainly you are one of them, for you are a Galilean.’ But he began to invoke a curse on himself and to swear, ‘I do not know this man of whom you speak.’” **Mark 14:70b-71**

- **Many Disciples Abandon Jesus Out of Fear:**

“And they all left him and fled.” **Mark 14:50**

- **Jesus Is Arrested, Tried, Beaten, Crucified until Dead, & Buried:**

“And Jesus uttered a loud cry and breathed his last.” **Mark 15:37**

The object of Thomas’s faith: Gone. So Thomas’s once sincere faith was shattered on the rocks of traumatic moments, which left him feeling alone and hopeless.

Trauma is a powerful force that comes in many different forms (physical, emotional, mental, spiritual, sexual, relational, etc). It is understandable that your trauma would trigger doubt in the existence, power, or love of God.

- III. Moments of Silence** – *“Now Thomas, one of the twelve, called the Twin, was not with them when Jesus came. So the other disciples told him, ‘We have seen the Lord.’ But he said to them, ‘Unless I see in his hands the mark of the nails, and place my finger into the mark of the nails, and place my hand into his side, I will never believe.’ Eight days later...”* **John 20:24-26a**

“Trust in the Lord with all your heart, and do not lean on your own understanding. In all your ways acknowledge him, and he will make straight your paths.”

Proverbs 3:5-6

If you haven’t yet struggled with confusion, trauma, or silence in following Jesus ...you probably will, but rest assured...

1. **God Loves People Struggling with Doubt**
2. **Salem Church Is Wide Open to Those Struggling with Doubt**
3. **Jesus Is the One and Only Way Out of Doubt and into Lasting Faith**

“Jesus said to him (Doubting Thomas), ‘I am the way, and the truth, and the life. No one comes to the Father except through me.’” **John 14:6**

Sources & Further Reading Opportunities

- *Apostolic Imagination* – J.D. Payne (2022)
- *Before You Lose Your Faith* – Ivan Mesa (2021)
- *What is an Apostle?* – Alexander Strauch (2022)
- *Holeman Illustrated Bible Dictionary* – Holeman (2003)

