

Main Idea

Doubt doesn't disqualify faith—it can deepen it. Like Thomas, our questions often come from pain, not rejection. When we honestly bring our doubts to Jesus and keep showing up, He meets us with compassion and leads us from uncertainty into a stronger, more personal, and resilient belief. This week, help people be honest about their doubts, understand the difference between doubt and unbelief, and take one step toward Jesus instead of away from Him.

Leader Note: *This topic may surface pain, disappointment, church hurt, confusion, or fear. Do not rush to fix people. Let honesty breathe and be okay with some silence after asking a hard question. The win is not having all the answers. The win is helping people bring what is real into the light.*

Opening Question

- What stood out to you most from Sunday's message?

Read John 20:24–29

- What stands out to you most about Thomas in this story?
- What stands out to you most about Jesus?

Read John 11:16 and John 14:5

- How do these verses change the way you see Thomas?
- Why does it matter that before Thomas was ever doubting Thomas, he was devoted Thomas?

Discussion

Pastor Daniel said that doubt is not the same as unbelief.

- How is this different than you were raised or experienced?
- What is the difference between unbelief and doubt?
- Why do you think many Christians feel pressure to hide their doubts instead of bringing them into the light?

Pastor Daniel described doubt as a crossroads.

- Which means, it is an opportunity, not a curse. How would you explain this?
- When doubt hits, what is your normal tendency and how do you deal with it? Some ways include: drift toward unbelief, hide behind shallow, churchy answers, or honestly pursue Jesus in and about your doubts?

“Thomas was not the only disciple who doubted. He was just the one who missed the first meeting.”

- Why is that such an important truth?

“A week later... Thomas was with them.”

- What is so powerful about “showing up” in your faith life?
- What are some of the “that’s the last thing I want to do right now” faith opportunities that are moments when “showing up” can make all the difference? (Sunday service, small group, morning devotional, 1 on 1 meeting, worship night?)

Personal Application

- Like Thomas, when was a season where what you believed about God collided with what life delivered? Are you in a place like that now?
- How did this affect your faith?

What is one faith question, disappointment with life or God, or struggle you have... that you are tempted to keep hidden or dismiss?

Leader Note: *Let them know this is a hard question, it’s okay to think. Leader, you can perhaps lead the way and let your vulnerability open the floor and show them it is safe.*

What would it look like for you to “show up” this week instead of pulling back?

Read Mark 9:24

“I do believe; help me overcome my unbelief!”

- Why is that such an honest and powerful prayer?

In what area of your life do you most need to pray that right now?

Challenge

- This week, be honest with God and others about one doubt, one disappointment, or one fear you have been carrying.
- SHOW UP... where can you show up tomorrow and this week?
- What is one doubt that you have carried for a long time... that you can bring out to light and begin to honestly pursue Jesus in? This means bringing it up to someone trusted in conversation, a pastor, your small group leader, your group, your spouse, a friend.

Close in Prayer

Invite each person to pray:

“Lord, I do believe; help me overcome my unbelief.”

Then have them name one specific area where they need help trusting Him.