**The Word On Doubt**

Small Group Questions

1. What doubts have you had or do you have about God, the Bible, or Christianity?

2. How do you think God responds to us when we doubt?

3. What can you do to overcome your doubts?

Notes on Doubt:

What is Doubt? (1) To be uncertain about something. (2) To believe that something may not be true or is unlikely. (3) To hesitate to believe. (4) To be undecided or sceptical about.

Have you heard of doubting Thomas? Well he spent 3 years with Jesus and still after all that he has seen and experienced with Jesus he still doubted that Jesus had risen from the dead: John 20:24-29. Jesus came and showed himself to Thomas who touched Jesus’ wounds and believed once again. Jesus said to him: “Because you have seen me, Thomas, do you now believe (trust, have faith)? Blessed and happy and to be envied are those who have never seen me and yet have believed and adhered to and trusted and relied on me.” (John 20:29)

What is Belief? Belief is an acceptance that someone or something exists or is true, with or without there being empirical evidence to prove, with factual certainty, that that someone or something exists.

What is Unbelief? Unbelief is a lack of belief, a refusal to believe, a rejection of belief.

Relating to God: Belief or Unbelief. Belief, in the context of relationship with God, is called ‘faith’. Faith ultimately boils down to a question of trust. Trust means having an assured reliance on the character, ability, strength, truth, and promises of God; it is to choose to believe that God is sovereign, good, reliable, etc. Unbelief, in the context of relationship with God, is the decision to live as if there is no God or to not fully trust God.

It would be much easier to trust God if He was more tangible. It would be much easier to trust God if we could experience Him in the same way that we experience other people, whom we can see, hear, touch, and smell. However, God, in His sovereign wisdom, has chosen to remain ‘invisible’, and to relate to us via the Holy Spirit. Relating to God in this way requires faith.

How can we deal with our Doubts?

1. Grow Your Faith. Read, Study and Apply the Word of God in your day-to-day life; Pray without Ceasing, and Be part of a community of believers.

2. Trust Despite Uncertainties. “Lean in, trust in, and be confident in the Lord with all your heart and mind and do not rely on your own insight or understanding.” (Proverbs 3:5) In the end, trust represents the proper fear of the Lord.

3. Share Doubts Honestly. Share your doubts and questions with God, and with people in your life whom you trust.

4. Know Jesus Personally. “Christ is the visible image of the invisible God…God in all His fullness was pleased to live in Christ.” (Colossians 1:15,19). God made an exception to being ‘invisible’ in the person of Jesus Christ. By getting to know Jesus (personally and intimately), who was a tangible (and full expression) of God, we get to know God better.