

Doubts and Faith

HOW SHOULD WE HANDLE DOUBTS IN OUR LIVES?

The POINT >

Doubts stretch us, leading to a stronger faith in God’s plan.

> MATTHEW 28:17

¹⁷When they saw him, they worshiped, but some doubted.

> JOHN 20:19-31

¹⁹When it was evening on that first day of the week, the disciples were gathered together with the doors locked because they feared the Jews. Jesus came, stood among them, and said to them, “Peace be with you.” ²⁰Having said this, he showed them his hands and his side. So the disciples rejoiced when they saw the Lord. ²¹Jesus said to them again, “Peace be with you. As the Father has sent me, I also send you.” ²²After saying this, he breathed on them and said, “Receive the Holy Spirit. ²³If you forgive the sins of any, they are forgiven them; if you retain the sins of any, they are retained.” ²⁴But Thomas (called “Twin”), one of the Twelve, was not

with them when Jesus came. ²⁵So the other disciples were telling him, “We’ve seen the Lord!” But he said to them, “If I don’t see the mark of the nails in his hands, and put my finger into the mark of the nails, and put my hand into his side, I will never believe.” ²⁶A week later his disciples were indoors again, and Thomas was with them. Even though the doors were locked, Jesus came and stood among them and said, “Peace be with you.” ²⁷Then he said to Thomas, “Put your finger here and look at my hands. Reach out your hand and put it into my side. Don’t be faithless, but believe.” ²⁸Thomas responded to him, “My Lord and my God!” ²⁹Jesus said, “Because you have seen me, you have believed. Blessed are those who have not seen and yet believe.” ³⁰Jesus performed many other signs in the presence of his disciples that are not written in this book. ³¹But these are written so that you may believe that Jesus is the Messiah, the Son of God, and that by believing you may have life in his name.



THE BIBLE MEETS LIFE

FACT:

The name *Chattanooga* comes from a Creek Native American word for “rock coming to a point,” referring to Lookout Mountain.¹



LEVELS OF BIBLICAL LEARNING // SALVATION

There is no doubt that the resurrected Jesus is exactly who He said He is, making salvation and new life possible for us.

God called my family and me to move from Chattanooga, Tennessee, to Owensboro, Kentucky. We had two small children—our son was nine and our daughter was seven. They were devastated by the thought of moving from everything they knew and were full of doubts about what the future held for them. We had the same doubts in our hearts too, if we were honest. God had called us to a church with a much smaller compensation package, and we were not sure if we could make it on what they were offering.

My wife had never had to work up to this point. She was able to stay home with the kids. Now we were taking a new step of faith, not sure how God was going to provide, but we were certain He was calling and would provide. We took our doubts to Jesus and He brought us peace. Shortly after we arrived in Owensboro, God provided my wife with a job that more than compensated for the differences in our finances, and the kids developed lifelong friends. This proved to us that our doubts, though real, can be brought to Jesus, and He is able and willing to work through our doubts.

MATTHEW 28:17; JOHN 20:19-25

1 When have you experienced doubt and belief at the same time in your walk with Christ?

2 How can we show love when someone struggles with doubt?

*Faith is not about having perfect understanding—it's about trusting the One who is perfectly faithful.
#BSFLStudents
OurJourney*



JOHN 20:26-29

3 What did Jesus mean when He called people “blessed” who believe without seeing?

4 How can this help you daily trust in Him?

5 Who do you know who may be struggling with doubt, and how can you respond like Jesus?

JOHN 20:30-31

6 How can remembering the purpose of Scripture strengthen your faith when you have doubts or discouragement?

7 What specific biblical truths about Jesus help you have a deeper trust in Him?

8 How can you use the truths of the Bible to help someone believe Jesus is the Messiah and receive new life in Him?



LIVE IT OUT



LEVELS OF BIBLICAL LEARNING // SALVATION

There is no doubt that the resurrected Jesus is exactly who He said He is, making salvation and new life possible for us.

This session will provide a chance for you, as a student ministry leader, to affirm to students that doubt and belief can exist in the same heart. They need to know doubts are okay. Create a safe environment for students to ask questions and seek truth. When they can do this, there is a greater chance for them to discover the truth of Scripture and experience Jesus, the Savior of the world.

>CHRIST

9 When have you experienced a time in your life that you doubted God? What happened?

10 How have you seen Jesus work in the middle of your doubts?

GOD

JESUS

HOLY SPIRIT

BIBLE

SALVATION

CREATION

CHURCH

PEOPLE

FAMILY

COMMUNITY
& WORLD

> COMMUNITY

11 How can we create a community where it's safe to be honest about our doubts without fear of judgment?



12 Reach out to someone who may be struggling in his or her faith. Let that person know he or she is not alone and that doubt doesn't disqualify anyone from belonging.

> CULTURE

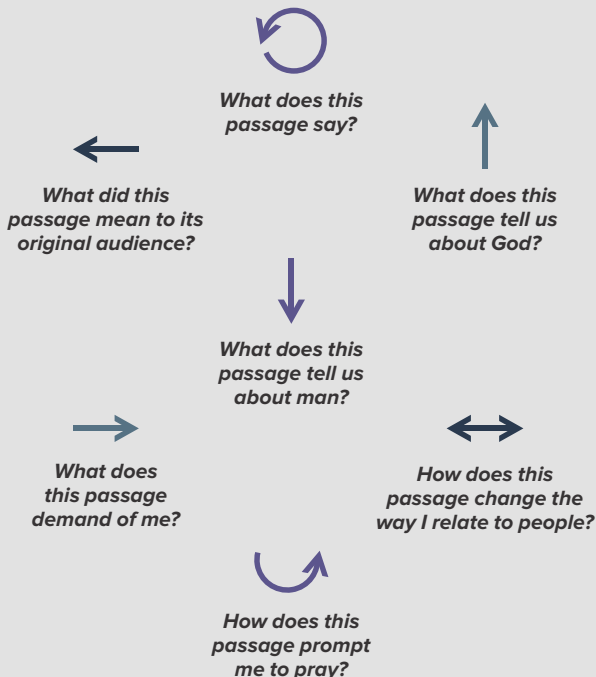
13 How can we learn to be patient with our doubts instead of rushing to cover them up?

14 How can we shift our culture's view of doubt from something shameful to something that can lead to real spiritual growth?

DAILY DEVOTIONS



The 7 Arrows of Bible Reading



Day One MARK 9:24

The father said, “I do believe; help my unbelief!” (v. 24, CSB). This shows us that faith and doubt can exist in the same heart. Doubt doesn’t have to defeat us; it can drive us closer to Jesus when we bring it honestly to Him. Admitting our struggles is not a sign of weakness but a step of humility that invites God to strengthen our faith.

Defeating doubt means trusting Jesus even when we don’t understand everything. As we pray, study God’s Word, and remember His past faithfulness, our strength in Him grows. Over time, faith will defeat our fear, and hope will replace uncertainty. The key is not having perfect belief but taking our imperfect faith to a perfect Savior, Jesus.

➤ **What doubts do you need to bring honestly to Jesus in prayer today?**

➤ **How has God’s past faithfulness helped you overcome uncertainty in your life?**

Day Two

ISAIAH 41:10



God is reminding us that His presence and power are greater than any fear or uncertainty we face. Doubt often grows when we focus on our own weakness, but this verse shifts our attention to God's strength. He promises to be with us, to strengthen us, and to uphold us with His righteous hand. This is assurances that leaves no room for fear to take control.

Defeating doubt starts with believing God's promises more than our feelings. When challenges come, we can cling to the truth that God is faithful and will never abandon us. By choosing to trust Him in each moment, our faith is strengthened and our hope becomes unshakable, even in the face of trials.

- **What specific promise from Isaiah 41:10 can you hold on to when doubt tries to take over?**

- **How can you remind yourself daily that God is with you and will uphold you?**

Day Three

ROMANS 10:17

This verse teaches us that “faith comes from what is heard, and what is heard comes through the message about Christ” (v. 17, CSB). Doubt often grows when we distance ourselves from God's truth, but our faith strengthens when we regularly hear and apply His Word. The more we fill our minds with Scripture, the more clearly we see God's character, promises, and power, leaving less room for doubt to take root.

Defeating doubt requires intentional time in God's Word, worship, and fellowship with other believers. Hearing the gospel reminds us of what is true, even when our emotions waver. As we surround ourselves with God's truth, our faith will be fed, our hope renewed, and our doubts will lose their grip on our hearts.

- **How can you increase your time hearing and applying God's Word to strengthen your faith?**

- **Who can you encourage by sharing a truth from Scripture that has helped you overcome doubt?**

Day Four

PROVERBS 3:5-6

God calls us to trust Him with all our hearts and not rely on our own understanding. This means putting complete faith in God's wisdom and guidance, even when life is confusing or uncertain. When we give up our plans and lean on His direction, He promises to make our paths straight, leading us toward His perfect will.

Trusting God wholeheartedly requires daily commitment and humility. It's a faith that chooses to obey God's Word, seek His counsel, and depend on the Holy Spirit's guidance. As we practice this trust, our hope grows stronger because we know God is actively working in our lives, directing every step according to His loving plan.

- › **What is one area in your life where you need to trust God more instead of relying on your own understanding?**

- › **How can you seek God's guidance more intentionally in your daily decisions?**

Day Five

JOHN 14:1



Jesus offers us peace and hope, even in difficult times. This should help us to not worry or be stressed. When life feels uncertain or overwhelming, we can trust in Jesus, knowing He is preparing a place for us in heaven. This promise gives us lasting hope that goes beyond our present circumstances.

Faith in Jesus brings peace that calms our fears and strengthens our trust in God's plan. By focusing on His promise, we can face challenges with confidence, because He is always with us. This peace encourages us to share the hope of eternal life with others so they too can find rest for their souls.

- › **How can remembering Jesus' words in John 14:1 help you find peace during stressful times?**

- › **Who in your life needs to hear the hope and peace that comes from faith in Jesus?**