

Where Is God When We Hurt?

Session 10: When Doubts Derail Our Faith

John 20:19-29; 1 Kings 19; Philippians 4:6-8

An unexamined faith will not carry us through the storms of life. Instead, our doubts push us to investigate our beliefs and can lead to a stronger, deeper relationship with God. As Oswald Chambers said, “Doubt is not always a sign that a man is wrong; it may be a sign that he is thinking.”

3 Types of Religious Doubt:

- _____
 - _____ doubt is a matter of the _____.
 - Example: _____
- _____
 - _____ doubt is a matter of the _____.
 - Example: _____
- _____
 - _____ doubt is a matter of the _____.
 - Example: _____

How to Destroy Doubts:

1. _____

Do not be anxious about anything, but in every situation, by prayer and petition, with thanksgiving, present your requests to God. (Philippians 4:6)

Benefits of Gratitude:

- _____
- _____

2. _____

And the peace of God, which transcends all understanding, will guard your hearts and your minds in Christ Jesus. (Philippians 4:7)

3. _____

Brothers and sisters, whatever is true, whatever is noble, whatever is right, whatever is pure, whatever is lovely, whatever is admirable—if anything is excellent or praiseworthy—think about such things. (Philippians 4:8)

We must doubt our doubts, recognizing the lies we tell ourselves in times of crisis, and replacing them with God's truth.

Discussion Questions

1. When have you faced a time of doubt? How did you manage and work through it?
2. To which type of doubt are you most susceptible? What are your go-to scriptures when you struggle?
3. Describe the benefits of gratitude you've experienced.
4. Should we expect seasons of doubt in our lives? Why or why not? How can you better prepare yourself for them?