



You ASKED FOR IT!

How Should I Handle My Doubts?

GET GOING

Almost every thinking Christian has struggled with doubts. Our doubts may spring from disappointing circumstances that shake our faith, or they may come from intellectual questions. The Bible is full of stories of people who doubted, including Abraham, Gideon, Peter and Thomas. Doubt is not the problem, it is what we do with it that matters. At Parker Hill we embrace people who have doubts. Let's talk about it.

DISCUSS

1. **If you could have coffee with any real person from any time period, who would it be? What would you want to talk about?** (Hint: Jesus is a given, pick someone else!)
2. **Have you ever doubted God? What were the circumstances?**
3. We are going to get a glimpse inside the heart of someone who doubted. His name was Asaph, he was a worship leader in the Old Testament. He wrote about his struggles in Psalm 77. **Read Psalm 77:1-9. Summarize together what Asaph experienced** (Note: You can do this in sections to make it easier [1-4, 5-9].) (Basic Summary: Asaph sought God and didn't find an answer; he was discouraged instead.)
4. **Read Psalm 77:10-15. What did Asaph do that turned things around?** (Answer: He shifted his focus to God's past faithfulness to gain confidence in the present.)
5. **Read Psalm 77:16-20. What past act of God do you think Asaph is remembering here?** (Answer: The deliverance of Israel from Egypt; the Exodus.)
6. Asaph focused on God's faithfulness in the past. Let's do the same but you can use the whole Bible. **Share one thing God did in the Bible that shows His greatness.**
7. **What is one of the biggest things God has done in your life?**

WRAP IT UP

One of the most helpful things you can do when you doubt is to talk about it. Figure out if you are doubting because of an emotional reason (disappointment, mourning, etc.) or an intellectual one (you have a nagging question about God, faith, etc.) and then look for answers. You don't have to understand everything to believe in something. Getting through seasons of doubt is a matter of what we focus on—what we know for sure or what makes us unsure. Don't be afraid of doubt, let it drive you deeper.