

# Lifequakes

STAYING SANE IN STRESSFUL TIMES

## LESSON 18 // DEALING WITH DOUBT—PART 1

**Big Idea:** Doubt is a subtle but powerful lifequake. It can shake the foundation of what and why you believe if you don't deal with it effectively. You shouldn't be surprised by doubt, but instead accept the reality that there are many unknowns in life, and make sure you settle your source of Truth.

**Habakkuk 1:1-5 (NLT)** *This is the message that the prophet Habakkuk received in a vision. 2 "How long, O Lord, must I call for help? But you do not listen! 'Violence is everywhere!' I cry, but you do not come to save. 3 Must I forever see these evil deeds? Why must I watch all this misery? Wherever I look, I see destruction and violence. I am surrounded by people who love to argue and fight. 4 The law has become paralyzed, and there is no justice in the courts. The wicked far outnumber the righteous, so that justice has become perverted." 5 The Lord replied, "Look around at the nations; look and be amazed! For I am doing something in your own day, something you wouldn't believe even if someone told you about it."*

**Deuteronomy 29:29 (NIV)** *The secret things belong to the Lord our God, but the things revealed belong to us and to our children forever, that we may follow all the words of this law.*

**Psalms 119:89 (NIV)** *Your word, Lord, is eternal; it stands firm in the heavens.*

**Isaiah 40:8 (NIV)** *The grass withers and the flowers fall, but the word of our God endures forever.*

**2 Corinthians 5:7 (NIV)** *For we live by faith, not by sight.*

### Start Talking:

Do you tend to be more of a "doubting Thomas" or a trusting person in your relationships? Why do you think this is the case?

### Start Thinking:

**Read Habakkuk 1:1-5.** What do you learn from these verses about Habakkuk's doubts and concerns and how God responded to him? How can this help you deal with doubts you may have?

**Read Deuteronomy 29:29.** Why is it so important to accept the reality that there are many unknowns in life—and that God is sovereign over them all?

**Read Psalms 119:89 and Isaiah 40:8.** How should the truth that God's Word is settled and eternal make a difference in how you respond to doubts and fears?

**Read 2 Corinthians 5:7.** What does it mean for you as a follower of Jesus to "live by faith and not by sight" when you experience doubts?

### Start Praying and Doing:

We all have doubts at times and, like Habakkuk, we can cry out to God about our concerns and questions. He wants to hear from you in the midst of your doubts! And it's important to also pray for God to help you respond to doubts with faith in Him and the truth of His Word. Memorize Deuteronomy 29:29 and meditate on the truth that God is sovereign, good and gracious, even when we don't understand what He is doing or why. Look for opportunities this week to exercise this faith when you face moments of doubt or fear.