

Lifequakes

STAYING SANE IN STRESSFUL TIMES

LESSON 19 // DEALING WITH DOUBT—PART 2

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. Also, you should be confident in the reality that God exists and His Word is true!

Psalms 14:1 (NIV) *The fool says in his heart, "There is no God." They are corrupt, their deeds are vile; there is no one who does good.*

Romans 1:20 (AMP) *For ever since the creation of the world His invisible attributes, His eternal power and divine nature, have been clearly seen, being understood through His workmanship [all His creation, the wonderful things that He has made], so that they [who fail to believe and trust in Him] are without excuse and without defense.*

Hebrews 11:6 (NIV) *And without faith it is impossible to please God, because anyone who comes to him must believe that he exists and that he rewards those who earnestly seek him.*

Psalms 119:160 (CEV) *All you say can be trusted; your teachings are true and will last forever.*

John 8:31-32 (LEB) *Then Jesus said to those Jews who had believed him, "If you continue in my word you are truly my disciples, ³² and you will know the truth, and the truth will set you free."*

John 17:17 (CEV) *Your word is the truth. So let this truth make them completely yours.*

Start Talking:

How confident are you in the truth of God's Word? How would you respond to someone who asked you why you believe that the Bible is true?

Start Thinking:

Read Psalms 14:1 and Romans 1:20. Why is it foolish to deny God exists and wise to believe that He does?

Read Hebrews 11:6. How does faith in the living God open a pathway of blessing in your life?

Read Psalms 119:160. Why is it so important to believe that all of God's Word is true and "can be trusted"?

Read John 8:31-32 and 17:17. In what ways does knowing and living out the truth of God's Word set us free?

Start Praying and Doing:

Pray for your faith in God and His Word to be strengthened in a fresh way this week. Believe that Jesus will set you free, based on His promise in John 8:31-32, as you continue to believe and obey the truth of His Word.

Let this dispel any doubts or fears that are holding you back from God's best in your life. Make decisions and take steps based on your bold faith in Christ as Lord of all.