Doubt

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Main Verse: John 20:24-29

PTSD of the Christian Life — Series

Doubt

Pastor Brent Snook · November 1, 2026 · AM Service

Text: John 20:24–29

"And Thomas answered and said unto him, My Lord and my God."* — *John 20:28

Doubts come in different sizes. Some decisions are small — rain or shine, this road or that one. Others are much bigger. In our text today, we see a man at a crossroads: **to believe or not to believe.** That fork in the road comes to all of us — when we lose a child, a spouse, or our health; when answers elude us; when we suffer from *spiritual vertigo.* We call that **doubt.**

I. THOMAS AND HIS DEVOTION

Let's remember some facts about Thomas:

• He was **chosen** by Jesus to be His disciple

• He **left all** to follow the Lord

• He had a lot of **courage** — when the disciples feared for Jesus' safety in going to Jerusalem, Thomas said:

"...Let us also go, that we may die with him." — John 11:16

II. THOMAS AND HIS DIFFICULTY

"Thomas saith unto him, Lord, we know not whither thou goest; and how can we know the way? Jesus saith unto him, I am the way, the truth, and the life: no man cometh unto the Father, but by me." — John 14:5–6

This was at a tender time — the Last Supper. Notice who spoke up. Thomas had questions lingering in his mind. So do we. There are always things we don't quite have figured out.

God does not reveal all the roads of our lives. We must simply trust Him. Life can be filled with confusion — the whys, the questions, the loneliness, the silence.

"Why dost thou cast me off?... Why art thou cast down, O my soul?... hope in God." — Psalm 43:2, 5

III. THOMAS AND HIS DOUBTS

Thomas had been with Jesus three years. He'd seen the miracles and the changed lives. Then came the arrest, the scourging, and the crucifixion — and now an empty cross and a filled tomb.

"But he said unto them, Except I shall see in his hands the print of the nails, and put my finger into the print of the nails, and thrust my hand into his side, I will not believe." — John 20:25

It is easy to call him "Doubting Thomas" — but **doubt is normal.** Doubt attacks the strongest Christians.

"Yesterday's courage does not guarantee today's confidence."

"Sometimes our questions have less to do with theological enigmas than with a simple case of the blues." — **David Jeremiah**

Thomas was discouraged, down, and depressed. He simply wanted to test the evidence personally.

Five Reasons for Doubt

1. The Obstacles Before Us

2. The Opposition Around Us

3. The Overwhelming Circumstances of Life

4. The Obscurity of God's Plan

5. The Omission of God's People

IV. THOMAS AND HIS DISCOVERY

"Then saith he to Thomas, Reach hither thy finger, and behold my hands; and reach hither thy hand, and thrust it into my side: and be not faithless, but believing." — John 20:27

Jesus tells us: *"Reach here your head — see My promises. Reach here your heart — remember My faithfulness."*

Deliverance from Doubt

A. Remember God's Promises

• He promises to **provide** for us — *"But my God shall supply all your need according to his riches in glory by Christ Jesus."* (Philippians 4:19)

• He promises to **protect** us — *"No weapon that is formed against thee shall prosper..."* (Isaiah 54:17)

• He promises to **prosper** us — *"...no good thing will he withhold from them that walk uprightly."* (Psalm 84:11)

"I will never leave thee, nor forsake thee." (Hebrews 13:5) · *"Cast thy burden upon the LORD."* (Psalm 55:22)

B. Recall God's Past Faithfulness

C. Refocus on Christ

D. Respond with Renewed Faith

V. THOMAS AND HIS DECLARATION

"And Thomas answered and said unto him, My Lord and my God." — John 20:28

God does not walk away from us because of our doubt. He eventually comes to us. Jesus walked through the door and personally addressed Thomas, giving him a personal lesson about faith: **faith must not depend totally on what we can see.**

"Jesus saith unto him, Thomas, because thou hast seen me, thou hast believed: blessed are they that have not seen, and yet have believed." — John 20:29

VI. THOMAS AND HIS DEDICATION

"And when they were come in, they went up into an upper room, where abode both Peter, and James, and John, and Andrew, Philip, and Thomas... These all continued with one accord in prayer and supplication." — Acts 1:13–14

Struggling with doubt is **normal** at times. **Surrendering** to doubt is **devastating.**

Personal Takeaways

Enter any thoughts about todays message.