**Doubting Your Doubts: How to Deal with Doubt**

**The Word**

Read together 2 Corinthians 10:3-5

**The Big Idea**

There are different kinds of doubts, and identifying the kinds and sources of our doubts can help us know how to work through our doubts.

**Questions for Discussion**

1. What are the primary sources of doubt you are experiencing either in your own life or in the lives of people around you, and how have you been trying to navigate that?

2. What is one idea from Sunday’s message that changed or added to your perspective on doubt?

3. Consider this question together: What does it look like to doubt well?

**Digging Deeper: Sermon Outline**

I. Introduction

A. Doubt is simply uncertainty about God

B. Doubt is a universal human experience, and it is not something to run from but rather something to embrace and work through

II. Three kinds of doubts

A. Intellectual doubt

 1. Sometimes there are intellectual challenges made to our faith

2. When it comes to having intellectual doubts, the best response is to go after the answers. Don’t shy away from the questions but seek the evidence because if Christianity isn’t true than we shouldn’t want to believe it anyways

 3. Bible Passages

a. 2 Corinthians 10:3-5: The Christian faith deals in the realm of intellectual arguments

b. Matthew 11: When John the Baptist is doubting whether Jesus is the messiah, Jesus points him to the evidence

c. 1 Peter 3:15: We should be able to give compelling reasons for the hope we have

 B. Emotional doubt (aka psychological doubt)

1. These are doubts that arise about God’s character and goodness, and they usual stem from experiences of genuine hurt and pain

2. We are far more emotionally-driven than we think

3. When it comes to our emotional doubts, our temptation is to run from God, but we are invited to run to God right in the midst of our pain

4. Bible Passages

a. Psalm 139: The psalmist brings his pain and anxiety before the God who knows him intimately

b. Philippians 4:6-8: We are invited to bring our anxieties to God in prayer, practice gratitude, and fix our minds on the good, beautiful, noble

 C. Moral doubt

 1. These are doubts that arise from questions about God’s laws and rules

2. These are often caused by human sin or peer pressure (cultural sentiments that pressure us to conform). Romans 1:18ff is a good example of how humans, in their sin, choose to suppress the truth about God.

3. In our current culture, this kind of doubt usually centers around our huge cultural need for freedom (moral freedom, sexual freedom, financial freedom) and a sense that a God will hold us back from that.

4. When it comes to moral doubt, again rather than run from God, we are invited to run to God in confession, being honest about our doubts and sin, and experiencing his forgiveness

5. Bible Passages

a. Psalm 32 describes the great relief and freedom that comes from confession

b. Romans 8:1ff describes the lack of condemnation we experience in Christ.