

Overcoming Doubt

Has the Lord rejected me forever? Will he never again be kind to me? Is his unfailing love gone forever? Have his promises permanently failed? Has God forgotten to be gracious? Has he slammed the door on his compassion? Psalm 77:7-9 (NLT)

It's our nature to seek out reasons; it's God nature to offer relationships.

The Upside of Doubts . . .

They can propel me toward God.

They can challenge me to wrestle with life's difficult questions.

They can deepen my faith.

Our Lord, I will remember the things you have done, your miracles of long ago. I will think about each one of your mighty deeds. Everything you do is right, and no other god compares with you. You alone work miracles, and you have let nations see your mighty power. Psalm 77:11-14 (CEV)

To Deal with Doubt . . .

Remember how God has worked in the past.

Trust in God's character and power. (Even when his hand cannot be traced, God's heart can be trusted.)

Believe that there is always hope with God.

Talk About It . . .

1. How do you define "doubt"?
2. When are a couple of times that you've struggled with doubt?
3. What emotions do you experience when you doubt?
4. Do you tend to doubt yourself or others or God more? What do you think of that?
5. What do you think of people questioning God? What do you believe God thinks about that?
6. How open and honest are you with others about your doubts? What do you think of that?
7. How open and honest are you with God about your doubts? What do you think of that?

8. What do you think of the idea that it's human nature to seek out reasons; but it's God nature to offer relationships?

9. What do you think of the idea that doubt can propel you toward God?

10. What do you think of the idea that doubt can challenge you to wrestle with life's difficult questions? What are some examples of those kinds of questions?

11. What do you think of the idea that doubt can deepen your faith if you let it?

12. What do you think of the idea that remembering how God has worked in the past can help you deal with doubt?

13. What do you think of the idea that trusting in God's character and power can help you deal with doubt? How would you describe God's character and power?