**"Guard Your Hearts" (Proverbs 4:23)**

**Lesson 12: Guard Your Heart from Doubt/Unbelief**

* **Scripture**: Heb. 3:12

**Introduction**

* **Definition**:
  + *Doubt* – wavering or uncertainty about God’s truth, promises, or character.
  + *Unbelief* – a refusal to trust God, even when His truth is known.
* **Why it matters**: Doubt can be a passing struggle, but if left unchecked it can grow into unbelief, which leads to spiritual drifting.
* **Opening thought**: *Doubt knocks at the door of every believer’s heart; whether it becomes unbelief depends on how we respond.*

**II. Biblical Warnings About Doubt and Unbelief**

1. **Hardened Hearts** - *Hebrews 3:7–8, 12–13*; *Mark 6:5–6*
2. **Double-Mindedness** - *James 1:5–8*
3. **Rebellion in the Wilderness** - *Numbers 14:11*
4. **Missing God’s Rest** - *Hebrews 4:2*

**III. How Doubt & Unbelief Enter the Heart**

* **Trials and Delays** (*John 11:21, 32*) – Waiting for God can tempt us to question His love.
* **Disappointment with God** (*Ruth 1:20–21*) – Pain can cause us to misinterpret God’s character.
* **Listening to the Wrong Voices** (*Genesis 3:1–6*) – Satan’s lies sow seeds of doubt.
* **Neglecting the Word** (*Romans 10:17*) – Faith grows through hearing God’s Word; without it, doubt increases.

**IV. Guarding the Heart from Doubt & Unbelief**

1. **Hold Firm to God’s Promises** - *Romans 4:20–21*
2. **Stay Rooted in the Word** - *Psalm 119:105*; *Colossians 3:16*
3. **Remember God’s Past Faithfulness** - *Psalm 77:11–12*
4. **Pray for Faith** - *Mark 9:24*
5. **Encourage One Another** - *Hebrews 3:13*
6. **Stay Connected to Christ** - *John 15:4–5*

**V. Practical Applications**

* Keep a **faith journal** of answered prayers and blessings.
* Limit exposure to voices that mock or distort God’s truth.
* Replace “What if God doesn’t…” thinking with “Even if, I will trust Him” faith (*Daniel 3:17–18*).
* Regularly confess God’s promises aloud.

**Discussion Questions**

1. What situations in your life have made you most vulnerable to doubt?
2. How can we tell when normal questions are turning into dangerous unbelief?
3. What practical steps can we take this week to strengthen our faith?