

You asked for it: *How do I fight against doubt?* (Week 5)—Gabe Cleave

Types of doubt

1. Disbelief
 - a. I doubt that God exists or that He is who He truly says He is
2. Fear
 - a. I doubt if God can or will help me or show up how I expect Him to
3. Mistrust
 - a. I doubt God cares about me or has my best interest in mind

Where does doubt come from?

Genesis 2—Did God really say?

- Getting us to doubt who God is and what He says is our enemy's greatest weapon

Doubt itself is not sin

- Doubt isn't a sin...what we do with our doubt can lead to sin

James 1:12-15 (NLT)

We will all struggle with this

- Doubt is something that all believers are going to struggle with...some more than others, but none the less, we will all struggle with believing God.
 - Is He really as good as we say He is?
 - Will He really come through for me?
 - Will He really prove Himself faithful?
 - Can I really trust Him?
 - Does He actually hear me when I pray?
 - Are His ways actually best?

Matthew 14:22-31 (NLT)

- God is not scared away by your doubt. In fact, God wants you to be honest with Him about your doubts...He knows them already.

Mark 9:21-24 (NLT)

- In the Scriptures, faith is not simply an intellectual assent to some statement about God. It is the trusting of our entire selves to God. At times, we do experience God's absence; we do feel alone and confused, and we doubt. Doubt is not opposed to faith; despair is... even St. Paul tells us he was "perplexed, but not driven to despair" (2 Corinthians 4:8). In despair we give up on our relationship with God. Doubt, on the other hand, is a sign that our faith is alive and kicking; it is part of the rhythm of faith itself. --Blog from Michael D Guinan

How do I fight against doubt?

1. Remember what God has done for you in the past

- Remember His faithfulness.

- Remember all the times He has come through for you and not let you down
- Remember all the time that you didn't know how something was going to work out and it did.
- Remember the times when things didn't work out the way you wanted them too, but God actually gave you something better than you thought...all the times He said no because He had something better for you.
- Remember the miracles that God has worked in your life
- Remember all the blessings God has given you
- Remember who you used to be and who God has turned you into

Psalm 36:5 (ESV)

2. Remember what God promises you in the future—Jeremiah 29:11 (NIV)

3. Pursue God's perspective in your present

- We need the help of others to help us remember God's faithfulness
- We need the help of others to help us remember God's promises for our future
- We need the help of others to help us pursue God's perspective in our present

We do this together—Galatians 6:1-3 (NLT)

- We will never be able to see all that God sees and understand the entire perspective...that is where faith comes in...

Hebrews 11:6 (NLT)—Matthew 28:16-20 (NLT)

- God can and will use you in spite of your doubts.

Jude 1:22 (NIV)— 22 Be merciful to those who doubt

- We wrestle through our faith and we do it together. We don't want to encourage doubting...but we also understand that it happens and we want to meet people where they are at.

For Small Group Discussion: What stood out to you most from the sermon?

Opening Question: What is your funniest boat or river/lake/ocean story?

Main Point: Doubts are a normal part of the Christian walk. However, God cares what we do with those doubts when we have them. Facing our doubts head-on and looking to Jesus for help is crucial in honoring God through our doubts.

Read/Tell the Story: Matthew 1:22-33

Head:

- What enabled Peter to walk on the water?
- Why did Peter begin to sink?
- What doubts about God have unbelievers in your life expressed?

Heart:

- What is a doubt you have wrestled through in the past?
- What is your initial reaction when experiencing doubt? What do you naturally do?
- In your experience, how does God act toward those who are doubting?
- When have you had to step out in faith when you weren't sure it would work out?

Hands:

- Who helps you process questions and doubts in your faith journey?
- What is an area where you are currently working through doubts, or want more clarity in scripture or your faith journey? (Remember, no fixing!)

- What resources, habits, or environments help strengthen your faith the most?

Supporting Scripture: Jude 22, Deuteronomy 29:29, James 1:5, Isaiah 55:8-9, John 20:29

Tips and Resources: *Before You Lose Your Faith: Deconstructing Doubt in the Church* by Ivan Mesa



Sermon Series Resources: <https://bit.ly/RLcurrentseries>