

DEALING WITH **DOUBT**

Part 1. **DISAPPOINTED WITH GOD**

Get someone to give a brief recap of the talk.

BIG IDEA: Doubt is part of the journey of faith. It can bring us closer to Jesus, or it can take us further away. It all depends how we see the world and how we hold on to Jesus and his grace.

This can be a very personal topic to discuss, so to ease everyone into the discussion go round the group and ask everyone 'Have you ever felt disappointed with God or had doubts in your faith?'. They don't need to go into depth, just give a 'yes' or 'no'. This should help people to feel more comfortable as the chances are that the answer for most people will be 'yes' even if it has only been in a small way.

- How do you feel that the topic or idea of doubt is usually handled in The Church? (Maybe then discuss as a hub how you can make this a safe space for people to be able to talk honestly and openly about their doubts & experiences.)
- When you have experienced doubt has it been more **INTELLECTUAL** doubt or more **EMOTIONAL** doubt? If you haven't, do you feel like you might be more prone to one than the other?

Read 2 Corinthians 12.1-10.

The first key to dealing with doubt is **Intellectual**. It's about our mindset – how do we see the world? If we adopt the Blueprint Model then we believe that everything that happens in the world must be God's will. But Paul knew that there are other agents in the picture – other people, Satanic forces. God is not responsible for everything but He is sovereign and His plans for us will ultimately succeed.

- Why do you think the Blueprint Model can be such a damaging mindset to have?
- Do you think you are living or have ever lived with this mindset? If not, what is the mindset you live with?

The second key is **Emotional**. Faith is a choice, an act of will. We need to learn to hold on to Jesus, even when dealing with doubt, questions and pain.

- How do you feel about the idea that God doesn't always tell us the reason why things happen, but instead gives us himself and his grace?
- How do we hold onto Jesus in the times where things don't feel good, or God is being quiet, or He doesn't seem to be answering our prayers?
- How can we grow a relationship with Jesus where, even in the mystery, just his presence is enough?

Take some time to pray together, maybe in small groups. You could take some time just to sit in silence and wait – and then see what God has to say.