

# MAKE JESUS KING

## King of Your Doubts | Discussion Notes

Mat started by explaining how each Gospel introduces Jesus in a different light: Jesus is the Saviour in Matthew, the Messiah in Mark, The Word in John and the King in Luke.

- What does 'making Jesus king' look like for you? How would your life look different if you made Jesus king?

This week, Mat focused in on doubt. He said that there are three things we can learn from Luke's Gospel about how to handle our doubt.

### 1. IT'S OKAY TO QUESTION (in fact, it's actually a good thing). Read Luke 3:15-20.

- What do you think Christians normally think about doubt? Is it surprising that Mat said it can actually be a good thing?
- John was put in prison for over a year because he was preaching about Jesus. This created a difficult situation for John and his faith - in prison, cut off from his community and locked away. Mat explained how difficult circumstances can bring doubt, which can help explain why so many of us have found ourselves doubting faith over the last couple of years. Have you seen challenging situations bring doubt into your life? You may want to spend some time here, allowing people to share openly about topics that might be difficult to talk about.
- What did you think about Mat's 3 Axioms - his emergency bare bones lifeline to cling on to in times of massive doubt? (You can find them overleaf.)

### 2. DON'T DO YOUR DOUBT AWAY FROM JESUS. Read Luke 7:18-20

- Rather than trying to deal with doubt on his own, he took his doubt straight to Jesus and walked through his doubts with him. Why is this important for us?
- How can we 'bring our doubts to Jesus'? What might this look like in day to day life?

### 3. MAKE JESUS KING OF MY DOUBTS. Read Luke 7: 21-28

- What do you think it means to make Jesus king of your doubts?
- Mat said it is all about choosing to trust Jesus with our doubts. How can we grow our level of trust in Jesus?
- What could we do as a community to better help each other in this area?

Mat explained that dealing with doubt is less about gritting our teeth and more about the power of the Holy Spirit in our lives. Spend some time praying for each other, especially those who are struggling with doubt at them moment.

### **3 Axioms for Those Experiencing a Crisis of Faith:**

**Faith** is AT LEAST a way to contextualise the human need for spirituality and find meaning in the face of mortality. EVEN IF this is all faith is, spiritual practice can be beneficial to cognition, emotional states, and culture.

**God** is AT LEAST the natural forces that created and sustain the Universe as experienced via a psychosocial model in human brains that naturally emerges from innate biases. EVEN IF that is a comprehensive definition for God, the pursuit of this personal, subjective experience can provide meaning, peace, and empathy for others.

**Prayer** is AT LEAST a form of meditation that encourages the development of healthy brain tissue, lowers stress, and can connect us to God. EVEN IF that is a comprehensive definition of prayer, the health and psychological benefits of prayer justify the discipline.