



THE COUNSELOR

WEEK FOUR – WHY DO YOU DOUBT?

1. How do your family, friends, or your surroundings impact what you believe?
2. Have you ever changed what you believed? How did that happen?
3. Pick some of the quotes about doubt below to discuss as a group:

“With great doubt comes great understanding; with little doubt, comes little understanding.” - Chinese Proverb

“Faith which does not doubt is dead faith.” - Miguel de Unamuno

“Doubts are the ants in the pants of faith. They keep it awake and moving.”
- Frederick Buechner

“Only the one who knows nothing doubts nothing.” - French Proverb

“Doubt is a question mark; faith is an exclamation point. The most compelling, believable, realistic stories have included them both.” - Criss Jami

4. What doubts about God do you struggle with?
5. Do you feel guilty for having doubts or do you believe God encourages us to ask our questions? Why did you answer the way you did?
6. The first part of Isaiah 1:18 says “Let’s walk and talk; let’s work this out” (The Message). This is the Lord speaking to us. Would it be easier for you to work through some of the things that cause you to doubt if you knew that God wanted you to talk to him about it?
7. It has been said, “Doubt is not the opposite of faith. It’s an element of faith.” Do you agree or disagree?
8. Share with your group about a time when you strengthened your faith as a result of pushing through some honest doubts.

Read Matthew 14:22-33.

9. When Peter began to see the strong wind and waves instead of Jesus, he started to sink. In other words, he focused on his problem and his doubt. If Jesus were to speak to you in the area of your greatest current problem and doubt, what do you think he might say?
10. Who do you believe ultimately doubted Jesus the most, Peter or the other 11 disciples who stayed in the boat? How do you think it felt for the disciples to settle for second-hand faith instead of the miracle of walking on the water themselves? Have you ever settled for second-hand faith? If so, how?
11. Peter's faith was strong until he took his eyes off Jesus. Where is your faith strong and where might it be weak?

NEXT STEPS

Doubt is not the end of real faith, but often the beginning. Commit to turning your doubts into an ongoing conversation with God and growing your faith over time.

DAILY BIBLE READINGS

- Day 1: Matthew 14:22-23
- Day 2: John 20:1-18
- Day 3: John 20:19 -31
- Day 4: Luke 24:1-12
- Day 5: Luke 24:13-35
- Day 6: Luke 24:36-53
- Day 7: Proverbs 3:5-8