



E28: Navigating Doubt

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Reflect & Apply Guide



REFLECT

What doubts do you currently have about your faith? Write them down honestly, without filter:

God is a compassionate, caring, and understanding. He doesn't condemn us for having doubts, but instead He uses our doubts to draw us closer to Him. Take a moment to jot down an honest prayer to God, inviting Him into your doubts and process:

Now, take a few minutes to just ask God what He wants to say to you right now. And just listen. Then jot down what comes to mind. Don't overthink it:

APPLY

If you're doubting with faith yourself:

1. **Reach out to a safe, trusted person** and share honestly about what you're going through. Ask for prayer, or just a listening ear. *We're not meant to go through life's struggles alone.*
2. **Journal:** Keep a record of your doubts, questions, thoughts, and prayers about your faith. This can help you better process, reflect, talk with (and listen to) God, and get more clarity.
3. **Explore resources** that address doubts and questions about faith, whether it's books, podcasts, or articles. *You can find some we recommend below.*

If you know someone doubting their faith:

Reach out to just sit with and offer a listening ear to someone you know who's navigating their doubts in faith. *Remember: understanding and support are often more valuable than providing immediate answers.*

PRAY

God,

I'm honestly struggling with faith. I don't know what to believe, or whether you're even real, or even what to be pray. But I am still fighting for my faith. I want my faith to be real.

Please remove the veil, God, that's blinding me from truth. I repent of any ways I may have allowed access to the enemy into my spirit, to deceive me, cause confusion, and pull me away. I cancel any agreement with him and ask that you fill me with YOUR Spirit, Lord.

Lord, help my unbelief. Help me to see you and know you more. Help me to come out of this stronger, with my faith rooted even more deeply and authentically in you. I seek you and ask that you help me notice and recognize your presence, your voice, and the ways you're still with me - still faithful and working in my life - regardless of the current state of my own faith.

In Jesus' name, I pray. Amen.



KEY VERSES TO MEDITATE ON

- “Now Thomas (also known as Didymus), one of the Twelve, was not with the disciples when Jesus came. So the other disciples told him, “We have seen the Lord!”

But he said to them, “Unless I see the nail marks in his hands and put my finger where the nails were, and put my hand into his side, I will not believe.”

A week later his disciples were in the house again, and Thomas was with them. Though the doors were locked, Jesus came and stood among them and said, “Peace be with you!”

Then he said to Thomas, “Put your finger here; see my hands. Reach out your hand and put it into my side. Stop doubting and believe.”

Thomas said to him, “My Lord and my God!”

Then Jesus told him, “Because you have seen me, you have believed; **blessed are those who have not seen and yet have believed.**”

—John 20:24-29

- “And I am convinced that **nothing can ever separate us from God’s love.** Neither death nor life, neither angels nor demons, neither our fears for today nor our worries about tomorrow—not even the powers of hell can separate us from God’s love. No power in the sky above or in the earth below—indeed, **nothing in all creation will ever be able to separate us from the love of God that is revealed in Christ Jesus our Lord.**” —Romans 8:38-39
- “Immediately the boy’s father exclaimed, ‘I do believe; **help me overcome my unbelief!**’” —Mark 9:24
- “‘Come now, and **let us reason together,**’ says the Lord, ‘Though your sins are like scarlet, they shall be as white as snow; though they are red like crimson, they shall be as wool. ’” —Isaiah 1:18
- “**Why, my soul, are you downcast? Why so disturbed within me?** Put your hope in God, for I will yet praise him, my Savior and my God.” —Psalm 42:11

- **"For we live by faith, not by sight."** –2 Corinthians 5:7
- **"Trust in the Lord with all your heart and lean not on your own understanding; in all your ways submit to him, and he will make your paths straight."** –Proverbs 3:5-6

RELATED RESOURCES

- **[1-ON-1 COACHING]** [**Book a complimentary call to see if Alex's personalized, 1-on-1 coaching would be a good fit for you.**](#) to help you get unstuck and find healing, freedom, purpose, & authentic connection with yourself and God—all in a safe space.
- **[EPISODE]** [Episode 1: The #1 Most Important Thing In Life Is This.](#)
- **[EPISODE]** [Episode 26: What Do I Do When My Prayers STILL Aren't Answered? \(5 UNEXPECTED Gifts Of UNANSWERED Prayers\)](#)
- **[MOVIE]** [The Case for Christ](#) – In 1980, Lee Strobel's award-winning, investigative reporting earns him a promotion to legal editor at the Chicago Tribune. Things at home aren't going nearly as well. His wife Leslie's newfound faith in Christ compels Lee to utilize his journalistic and legal training to try and disprove the claims of Christianity, pitting his resolute atheism against her growing faith. *(Based on a true story and inspired by the 1998 book of the same name by Lee Strobel)*
- **[GROUP]** Alpha is a safe space to have conversations about things we all question in life: Why do bad things happen to good people? What's the purpose of life? What's next? This is a judgment-free space to ask hard questions and share your honest thoughts and opinions – [Check out a local Alpha near you \(or online\) here](#)
- **[BOOK]** [Mere Christianity](#) by C.S. Lewis
- **[BOOK]** [The Screwtape Letters](#) by C.S. Lewis
- **[BOOK]** [The Reason for God: Belief in an Age of Skepticism](#) by C.S. Lewis
- **[WEBSITE]** [GotQuestions.org](#) – Biblical answers to 744,000+ questions