

You Are Not Alone – week 4

While we often think doubt is bad, there's a shadow side to it: doubt can actually propel our faith forward when we handle it well.

- What do you think of this quote? Whether your faith is that there is a God or that there is not a God, if you don't have any doubts, you are either kidding yourself or asleep. Doubts are the ants in the pants of faith. They keep it awake and moving. -Frederick Buechner
 - Did you grow up in an environment where tough questions about faith, life, and God were encouraged or discouraged? How did this affect you?
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Read **John 20:24-29**.

- Why do you think Thomas struggled with doubts? Was it something about his personality, what he had experienced or not experienced, or something else?
- There are some people who tend to believe more easily and others who are naturally more skeptical. Which category do you most identify with? How does that affect the way you approach faith?
- How does Jesus respond to Thomas' doubts? Why is this significant?
- Theologian Frederick Dale Bruner said, "The Christian faith is bipolar. Disciples live their lives between worship and doubt, trusting and questioning, hoping and worrying." How does this quote challenge your understanding of the relationship between faith and doubt? In what ways do you find it freeing?
- What are some unhealthy things we can do with doubt? Have you experienced how doubt can keep you from God?
- How does Thomas demonstrate faith even in his doubts? What can we learn about dealing with doubts from him?
- Thomas was honest about his thoughts. So, let's get honest about our own doubts. Are you dealing with nagging doubts this season? Is it an intellectual struggle? Or is it a personal struggle where you thought life would have turned out differently?