

Letting

Go...

## of DOUBT

*"But when you ask, you must believe and not doubt, because the one who doubts is like a wave of the sea, blown and tossed by the wind."*

—James 1:6

What do seeds of doubt sound like? "Did God really say...?" "The Bible doesn't literally mean..." "Are you sure about that?" "This might not really matter..." "What if Jesus didn't really rise again?" "A loving God wouldn't really do that, would He?"

### **Doubt is defined as:**

- *(verb)* to be uncertain about; consider questionable or unlikely; hesitate to believe... to distrust.
- *(noun)* a feeling of uncertainty about the truth, reality, or nature of something.

Even the strongest believer can struggle with seeds of doubt that work their way in. What can begin as a simple question can quickly spiral into swirling thoughts that leave you uncertain about the truth. We can be susceptible to doubt for a variety of reasons:

- **Difficult Circumstances**  
John the Baptist doubted Jesus was the Christ when John was suffering in prison (Matthew 11:2)
- **Grief**  
Thomas doubted that Jesus rose from the dead (John 20:26-27)
- **Fear**  
Peter doubted when he saw the waves (Matthew 14:27-31)
- **Logic**  
Zechariah doubted that God could really give him and Elizabeth a son when they were old because it was not logical (Luke 1:18-20).

- **Ignorance**

Eve listened to lies and doubted what God really told Adam (Genesis 3:1-7)

What's the warning in James 1:5-8 for those who doubt? \_\_\_\_\_

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According to Psalm 94:19, what should we do when doubts fill our minds? \_\_\_\_\_

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A key to overcoming doubt is knowing the truth and remembering God's faithfulness. Several times in Scripture, people are reminded of how faithful God has been and that has helped them overcome doubt, discouragement, and fear. God had to remind Job that He was the Creator of all and that He was in control (Job 38-42). The Psalmists often wrote of their distress but at the end of the chapter they recount God's faithfulness. Let's stop to remember His faithfulness.

What does Paul say that we need to be reminded of in 2 Timothy 2:13-14a about the faithful character of God? \_\_\_\_\_

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What comfort and hope is found in Lamentations 3:21-23? \_\_\_\_\_

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What do the following verses say about God's faithfulness?

Psalm 119:90 \_\_\_\_\_

Psalm 89:2 \_\_\_\_\_

Deuteronomy 32:4 \_\_\_\_\_

How does Psalm 119:138 relate God's Word to His faithfulness? \_\_\_\_\_

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According to the following verses, what are some ways God demonstrates His faithfulness to us?

1 Corinthians 1:9 \_\_\_\_\_

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1 John 1:9 \_\_\_\_\_  
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2 Thessalonians 3:3 \_\_\_\_\_

Looking at Hebrews 10:23, what should our response be to God's faithfulness?  
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Because of God's faithfulness we should proclaim it to everyone else! What encouragement do you find in Psalm 40:10? \_\_\_\_\_  
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What instructions are required of us when we look at 2 Chronicles 19:9? \_\_\_\_\_  
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What is the admonition in Proverbs 3:3? \_\_\_\_\_  
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In order to be faithful and conquer doubt, we need to be full of FAITH.  
How does Hebrews 11:1-3 describe faith? \_\_\_\_\_  
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\_\_\_\_\_

What do the following verses say about living and walking by faith?  
2 Corinthians 5:7 \_\_\_\_\_  
Hebrews 11:6 \_\_\_\_\_  
\_\_\_\_\_  
Romans 1:17 \_\_\_\_\_  
\_\_\_\_\_

Habakkuk 2:4 \_\_\_\_\_  
\_\_\_\_\_

Hebrews 10:38-39 \_\_\_\_\_  
\_\_\_\_\_  
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What does Peter say we need to add to our faith in 2 Peter 1:5-9 and what is the result?

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\_\_\_\_\_  
\_\_\_\_\_

How do these verses help you walk by faith rather than doubt?

Proverbs 3:5-6 \_\_\_\_\_  
\_\_\_\_\_

Romans 8:28, 31 \_\_\_\_\_  
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What other promises of God or power verses help YOU personally walk by faith?

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## **Wrap up:**

I must let go of \_\_\_\_\_, trust God's \_\_\_\_\_, and walk by \_\_\_\_\_.

## **Passage Index** (NIV 1984 unless otherwise stated)

**James 1:5-8** *"If any of you lacks wisdom, you should ask God, who gives generously to all without finding fault, and it will be given to you. <sup>6</sup>But when you ask, you must believe and not doubt, because the one who doubts is like a wave of the sea, blown and tossed by the wind. <sup>7</sup>That person should not expect to receive anything from the Lord. <sup>8</sup>Such a person is double-minded and unstable in all they do."*

**Psalm 94:19 (NLT)** *"When doubts filled my mind, your comfort gave me renewed hope and cheer."*

**2 Timothy 2:13-14a** *"if we are faithless, he remains faithful, for he cannot disown himself. <sup>14</sup>Keep reminding God's people of these things..."*

**Lamentations 3:21-23 (NLT)** *"Yet I still dare to hope when I remember this: <sup>22</sup>The faithful love of the Lord never ends! His mercies never cease. <sup>23</sup>Great is his faithfulness; his mercies begin afresh each morning."*

**Psalm 119:90 (NLT)** *"Your faithfulness extends to every generation, as enduring as the earth you created."*

**Psalm 89:2 (NLT)** *"Your unfailing love will last forever. Your faithfulness is as enduring as the heavens."*

**Deuteronomy 32:4 (NLT)** *"He is the Rock; his deeds are perfect. Everything he does is just and fair. He is a faithful God who does no wrong; how just and upright he is!"*

**Psalm 119:138 (NLT)** *"Your laws are perfect and completely trustworthy."*

**1 Corinthians 1:9** *"God is faithful, who has called you into fellowship with his Son, Jesus Christ our Lord."*

**1 John 1:9** *"If we confess our sins, he is faithful and just and will forgive us our sins and purify us from all unrighteousness."*

**2 Thessalonians 3:3** *"But the Lord is faithful, and he will strengthen you and protect you from the evil one."*

**Hebrews 10:23** *"Let us hold unswervingly to the hope we profess, for he who promised is faithful."*

**Psalm 40:10 (NLT)** *"I have not kept the good news of your justice hidden in my heart; I have talked about your faithfulness and saving power. I have told everyone in the great assembly of your unfailing love and faithfulness."*

**2 Chronicles 19:9 (NLT)** *"These were his instructions to them: 'You must always act in the fear of the LORD, with faithfulness and an undivided heart.'"*

**Proverbs 3:3** “Let love and faithfulness never leave you; bind them around your neck, write them on the tablet of your heart.”

**Hebrews 11:1-3** “Now faith is confidence in what we hope for and assurance about what we do not see. <sup>2</sup>This is what the ancients were commended for. <sup>3</sup>By faith we understand that the universe was formed at God’s command, so that what is seen was not made out of what was visible.”

**2 Corinthians 5:7** “For we live by faith, not by sight.”

**Hebrews 11:6** “And without faith it is impossible to please God, because anyone who comes to him must believe that he exists and that he rewards those who earnestly seek him.”

**Romans 1:17** “For in the gospel the righteousness of God is revealed—a righteousness that is by faith from first to last, just as it is written: ‘The righteous will live by faith.’”

**Habakkuk 2:4 (NLT)** “Look at the proud! They trust in themselves, and their lives are crooked. But the righteous will live by their faithfulness to God.”

**Hebrews 10:38-39** “‘But my righteous one will live by faith. And I take no pleasure in the one who shrinks back.’ <sup>39</sup>But we do not belong to those who shrink back and are destroyed, but to those who have faith and are saved.”

**2 Peter 1:5-9** “For this very reason, make every effort to add to your faith goodness; and to goodness, knowledge; <sup>6</sup>and to knowledge, self-control; and to self-control, perseverance; and to perseverance, godliness; <sup>7</sup>and to godliness, mutual affection; and to mutual affection, love. <sup>8</sup>For if you possess these qualities in increasing measure, they will keep you from being ineffective and unproductive in your knowledge of our Lord Jesus Christ. <sup>9</sup>But whoever does not have them is nearsighted and blind, forgetting that they have been cleansed from their past sins.”

**Proverbs 3:5-6** “Trust in the Lord with all your heart and lean not on your own understanding; <sup>6</sup>in all your ways submit to him, and he will make your paths straight.”

**Romans 8:28, 31** “And we know that in all things God works for the good of those who love him, who have been called according to his purpose. <sup>31</sup> What, then, shall we say in response to these things? If God is for us, who can be against us?”