



God didn't go to all the trouble of sending his Son merely to point an accusing finger, telling the world how bad it was. He came to help, to put the world right again. John 3:17 (MSG)

- Jesus questions us, not to condemn us, but to **comfort** us.
- We **choose** our experience with Jesus.

- All of us have seasons of **doubts**.

Be merciful to those who doubt.. Jude 1:22

While they were still talking about this, Jesus himself stood among them and said to them, "Peace be with you." They were startled and frightened, thinking they saw a ghost. He said to them, "Why are you troubled, and why do doubts rise in your minds? Look at my hands and my feet. It is I myself! Touch me and see; a ghost does not have flesh and bones, as you see I have." Luke 24:36-39

They got up and returned at once to Jerusalem. There they found the Eleven and those with them, assembled together and saying, "It is true! The Lord has risen and has appeared to Simon." Luke 24:33-34

#### Why they were troubled with doubts:

- These guys were **distressed**.
  - These guys were **discouraged**.
  - These guys were **doubtful**.
- ..."Peace be with you." Luke 24:36b

- We find out what we **believe** to be true about God when we face **hardships** in life.
- Your doubts can actually promote a **stronger faith**.
- The strongest faith is a faith that grows **through your doubts**.

Now Thomas, 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." John 20:24-25

**"Doubt is not always a sign that a man is wrong. It may be a sign that he's thinking."** -Oswald Chambers

#### Doubts can teach us:

- God is not **distant** in your doubts.

Look at my hands and my feet. It is I myself! Touch me and see... Luke 24:39

- The greatest doubters often become the **strongest believers**.

#### How we overcome doubts:

- We can look for Jesus to **show up** in your doubts.

- We can acknowledge our doubts and **pray**.

"I do believe, but help me overcome my unbelief!" Mark 9:24 (NLT)

- We can spend time in **God's Word**.

"Consequently, faith comes from hearing the message, and the message is heard through the word of Christ." Romans 10:17 (NIV)

- We can spend time with **people** of faith who can help and encourage us.

"When we get together, I want to encourage you in your faith, but I also want to be encouraged by yours." Romans 1:12 (NLT)



## TO CREATIVELY LOVE AND LEAD PEOPLE IN A GROWING RELATIONSHIP WITH JESUS.

#### Questions that can be used in Connection Groups:

*These questions also work well for personal time with God.*

- What scripture and/or point spoke most to you from the Talk on Sunday? Explain why?
- Do you wrestle with doubts about Jesus? Explain if you want.
- Do you agree with the statement: We find out what we believe to be true about God when we face hardships..? Explain.
- How can our doubts promote a stronger faith in us?
- How can we allow our faith to grow through our doubts?
- Do you think that Thomas gets a bad rap for being known as a doubter? Explain.
- What are some dangers that we are exposed to through our doubts?
- Jesus showed up to Thomas "in his doubts". What are some ways that Jesus shows up in our doubts?
- Why is it difficult for us to acknowledge our doubts?
- How does God's word help our doubts?
- How does spiritual community (relationships with Christians) help us with our doubts?

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**fresnoquest.com**

**Opportunities to experience community:**

**Our Eggs are Empty!**

We appreciate your help in providing candy. (Please no peanut butter or chocolate)  
Easter is Coming  
Kid's are hungry!



Deadline:  
March 24th

Drop off candy  
in the lobby.

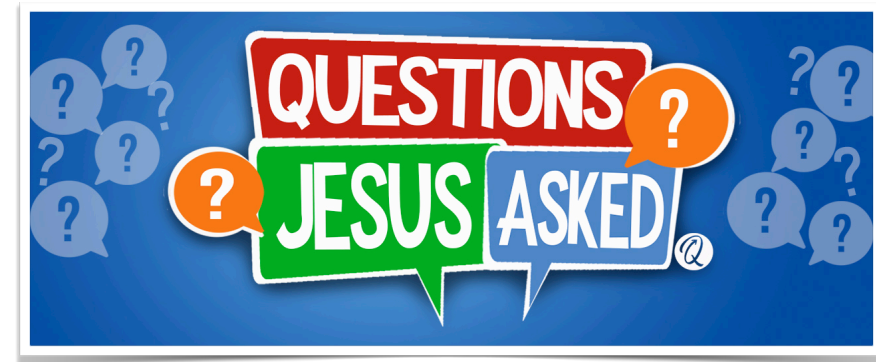


**Doing life together**

A banner for a free grocery giveaway. It features the Quest Church logo and a tiger icon. Text includes "THOMAS ELEMENTARY VOLUNTEERS NEEDED", "Free Grocery Giveaway!", "Saturday, March 23rd", "SIGN-UP SHEET IN THE COURTYARD", and "8:30am Prep at Quest / 10a Food Giveaway". There is an illustration of two grocery bags filled with various items like bread, fruit, and bottles.

A banner for volunteer sign-up. It features the text "WE NEED YOU" in colorful block letters, "SIGN UP IN THE COURTYARD Thank You!", and a large stylized "Q" logo. Below the text, several hands are shown holding up large, colorful letters that spell out "VOLUNTEER".

Today's Talk..



**Why are you Troubled, and why do Doubts Fill your Mind?**

Sunday, March 10th, 2024

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