

I am leaving you with a gift—peace of mind and heart. And the peace I give is a gift the world cannot give. So don't be troubled or afraid. John 14:27 (NLT)

But God clearly shows *and* proves His own love for us, by the fact that while we were still sinners, Christ died for us. Romans 5:8

God put his love on the line for us by offering his Son in sacrificial death while we were of no use whatever to him. Romans 5:8 (Msg)

1 Early on Sunday morning, as the new day was dawning, Mary Magdalene and the other Mary went out to visit the tomb. 2 Suddenly there was a great earthquake! For an angel of the Lord came down from heaven, rolled aside the stone, and sat on it. 3 His face shone like lightning, and his clothing was as white as snow. 4 The guards shook with fear when they saw him, and they fell into a dead faint. 5 Then the angel spoke to the women. "Don't be afraid!" he said. "I know you are looking for Jesus, who was crucified. 6 He isn't here! He is risen from the dead, just as he said would happen." Matthew 28:1-6 NLT

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

(To) Be merciful to those who doubt.. Jude 1:22

36 While they were still talking about this, Jesus himself stood among them and said to them, "Peace be with you." 37 They were startled and frightened, thinking they saw a ghost. 38 He said to them, "Why are you troubled, and why do doubts rise in your minds?" 39 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

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

What disciples were experiencing:

- 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 (handled properly), 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. 25 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

Doubts 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 deal with doubts:

- We can look for Jesus to **show up** in our 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.
- Do you believe the church should be a safe place to deal with mental health? What are some ways we can do that?
- Read Jude 1:22. How can we show mercy to those who doubt? (Mercy is not giving someone what they do deserve)
- Do you wrestle with doubts about Jesus? Any other spiritual doubts? Explain if you want.
- If you were one of Jesus' disciples during the first Easter would you have doubted Jesus' resurrection? Why?
- Do you agree with the statement: "We find out what we believe to be true about God through 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 for 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?
- Do you have a plan (and people) that will help you if you isolate yourself during doubts?

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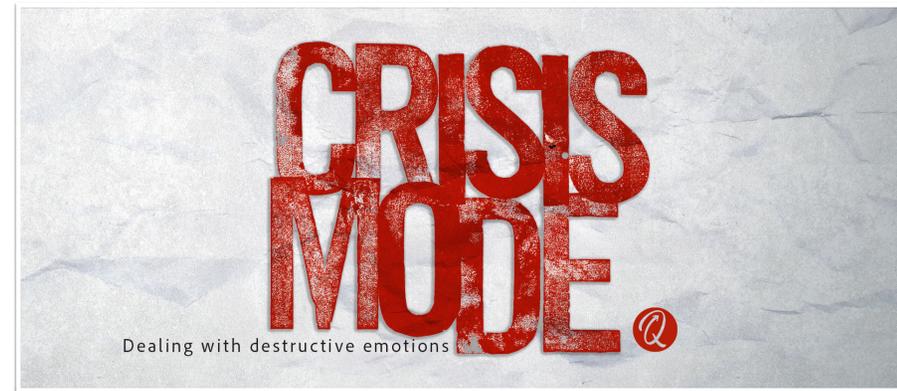
Opportunities to experience community:



THE Quest CHURCH  **THOMAS ELEMENTARY**
VOLUNTEERS NEEDED
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SIGN-UP SHEET IN THE COURTYARD
every 3rd Saturday of the Month
11am - 1:30pm



Today's Talk..



Dealing with Doubts

Sunday, April 20th, 2025

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