



## HELP, I'M STUCK 4 The Pit of Doubt



→ *The single biggest factor in the quality of your life is what goes on between your ears. Discuss!*

→ *The enemy knows that, of course, so that's where he attacks. Where, specifically, does he attack you, and how?*

### **BIG QUESTIONS**

- Can I trust GOD'S LOVE?
  - Can I trust GOD'S WORD?
  - Can I trust the MEDIA? Social media, Wikipedia, fake news
  - Can I trust my FRIENDS and FAMILY ... even MYSELF?
- *What doubts do you suspect non-Christians routinely face?*
- *What doubts do Christians tend to face? Where (Who?) do those doubts spring from? What are the enemy's favourite doubt seeds? How do they (perhaps unsuccessfully) tend to deal with them?*

Doubt may be a PLACE YOU VISIT from time to time.

It may be where you LIVE.

→ *Where are you on that continuum right now? Where have you been in the past?*

But the good news is that God is a PIT-PULLER and He's very good at it

→ *Read Psalm 84:19, Jude 1:22, Mark 9:24 ... What do they tell us about God's attitude to the doubter?*

**DEFINITION:** Doubt is state of ANXIOUS, WAVERING UNCERTAINTY, based on FAILURE to TRUST GOD fully, and results from faulty, confused or damaged BELIEFS about His character, sovereignty and intentions.

→ *It all comes down to what we believe about God, even our self-belief. Discuss!*

### **THE PROBLEM (JAMES 1:5-8)**

- Context is your FAITH will be TESTED and that leads to DOUBTS.
- The good news is that you can ask God for WISDOM in the middle of the STORM
- The problem is that if your mind is so full of DOUBT & UNBELIEF, you won't HEAR it.

### **THE SOLUTION (JAMES 1:21-25)**

The big question = What are you going to do with GOD'S WORD?

It is possible to WALK AWAY, IGNORE, FORGET

But it will SET YOU FREE if you EMBRACE it.

→ *Why is God's Word so crucial when it comes to taking on your personal doubts? In the light of that, how do we talk to unbelievers who don't trust/understand God's Word?*

### **3 FREEDOM STEPS**

#### **1. DRIVE A STAKE IN THE GROUND**

- \* "God SAID it, I BELIEVE it and that SETTLES it!"
- \* The revelation: God is CLEVERER than me.
- \* If you reckon you can FULLY understand the MIND of the Lord, then your God is FAR TOO SMALL (Isaiah 55:8-9).

→ *Do you wrestle and argue with God? How do you cope with what you cannot understand? Have you come to terms with the fact that God's thoughts are higher, superior, and infinitely so?*

- \* You can take God AT HIS WORD (Isaiah 55:10-11).

→ *Without that stake in the ground, you're VULNERABLE to every WHIM, EMOTION, LIE, STORM. Discuss!*

- \* I'm going to BELIEVE God whatever the EVIDENCE ... TRUST God whatever the SITUATION ... FOLLOW God whatever the DISTRACTIONS.

→ *Do you? Where do you struggle?*

→ *What stakes in the ground have you planted? When did you do so? Are there any others that you really need to drive into the ground?*

#### **2. DON'T FOCUS ON WHAT YOU DON'T KNOW; FOCUS ON WHAT YOU DO KNOW**

- \* You can get HORRIBLY LOST in a fog of GREY or you can choose to FOCUS on the BLACK & WHITE.

→ *What are the greys you struggle with? What are common greys that you know others struggle with? How do you deal with the greys in your life?*

- \* I do not KNOW EVERYTHING or have every ANSWER or UNDERSTAND every NUANCE, but THIS I DO KNOW ...
- \* I'm going to EVALUATE the GREY starting from the BLACK & WHITE, not other way round.
- \* Are you going to interpret GOD'S WORD through lens of your EXPERIENCE or interpret your EXPERIENCE through the lens of GOD'S WORD?

→ *What comes first for you: God's Word or your experience? Why is it so important to get those the right way round? Why is it that so often we don't?*

→ *What are your stake in the ground verses / principles / Your 'I don't know everything, but this I do know' verses?*

#### **3. CATCH THE SPIRIT OF FAITH (2 Corinthians 4:13)**

- \* Faith is CONTAGIOUS.
- \* You're catching DOUBT or FAITH from nearly EVERYONE you spend time with ... so CHOOSE WISELY.

→ *How do you 'catch' faith? From whom have you caught the spirit of faith? Are there any 'doubt-carriers' in your life that you struggle with? What might you do about that?*