

## **KO: Knocking Out Doubt!**

Abraham fell facedown; he laughed and said to himself, "Will a son be born to a man a hundred years old? Will Sarah bear a child at the age of ninety?" **Genesis 17:17**

Without weakening in his faith, he faced the fact that his body was as good as dead--since he was about a hundred years old--and that Sarah's womb was also dead. Yet he did not waver through unbelief regarding the promise of God, but was strengthened in his faith and gave glory to God, being fully persuaded that God had power to do what he had promised. **Romans 4:19-21**

Doubt is honesty, and unbelief is obstinacy. Doubt is looking for light; unbelief is content with darkness."

"How long has this been happening?" Jesus asked the boy's father. He replied, "Since he was a little boy. The spirit often throws him into the fire or into water, trying to kill him. Have mercy on us and help us, if you can." **Mark 9:21-22**

"What do you mean, 'If I can'?" Jesus asked. "Anything is possible if a person believes." **Mark 9:23**

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

### **STRATEGY #1: BRING YOUR DOUBTS TO JESUS**

One of the twelve disciples, Thomas (nicknamed the Twin), was not with the others when Jesus came. They told him, "We have seen the Lord!" But he replied, "I won't believe it unless I see the nail wounds in his hands, put my fingers into them, and place my hand into the wound in his side." **John 20:24**

### **STRATEGY #2: STAY CONNECTED TO PEOPLE WHO BUILD YOUR FAITH**

Abraham and Sarah were both very old by this time, and Sarah was long past the age of having children. So she laughed silently to herself and said, "How could a worn-out woman like me enjoy such pleasure, especially when my master—my husband—is also so old?" **Genesis 18:11-12**

Then the LORD said to Abraham, “Why did Sarah laugh? Why did she say, ‘Can an old woman like me have a baby?’ Is anything too hard for the LORD? I will return about this time next year, and Sarah will have a son.” **Genesis 18:12-13**

### **STRATEGY #3: TRUST GOD’S WORD TO RESOLVE OUR DOUBTS.**

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. **Romans 8:28**

Never will I leave you; never will I forsake you. **Hebrews 13:5**

“Even though I walk through the valley of the shadow of death, I will fear no evil, for you are with me.” **Psalms 23**

So let’s not get tired of doing what is good. At just the right time we will reap a harvest of blessing if we don’t give up. **Galatians 6:9**

## **Discussion Guide**

### **Sermon Conversation Starter**

When we start feeling doubt creep into our mind, it’s best to ask God what He thinks about the situation. What’s one word or thought you have been having lately, that you know isn’t God’s truth, but it is still lingering in your mind? What scripture verses speaks to your thought?

So, let’s not get tired of doing what is good. At just the right time we will reap a harvest of blessing if we don’t give up. Galatians 6:9

### **Small Group Conversation Starter**

Abraham, Elijah, Thomas, and others all displayed great faith and great doubts. How have you tempted to doubts God’s provision and protection this week? What can you do to prevent your doubts from turning into unbelief?

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### **Individual & Family Conversation Starter**

FAMILY: Sometimes our core convictions and beliefs can disappear in a single moment of doubt. As a family, how can you encourage each other in times of doubt? Do you find it easier or harder to share your doubts with those closest to you?

I do believe but help me overcome my unbelief! Mark 9:24

Personal Reflection: We must trust God's Word to resolve our doubts, even when the situation seems impossible. How has common sense and practicality allowed doubt to creep into your life?