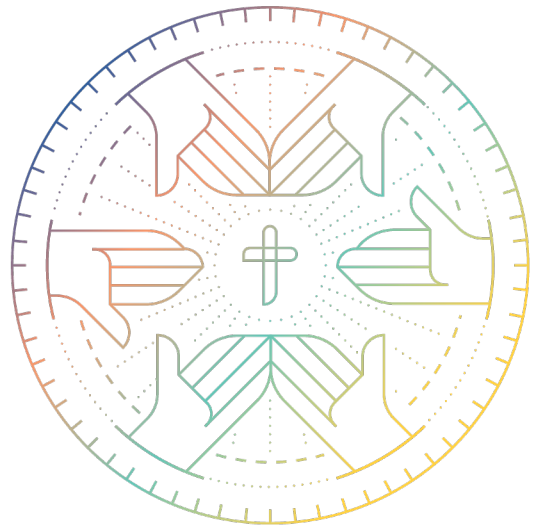


Group Life.

WE ARE BETTER TOGETHER



SMALL GROUP GUIDE

The Playbook: “How to Deal with Doubt”

Scripture Focus: Mark 9:14-29; John 20:24-29

ICEBREAKER

What is something you are naturally skeptical about?

Are you generally someone who asks a lot of questions, or do you tend to accept things pretty quickly?

INTRODUCTION

Doubt can feel uncomfortable, especially when it involves faith. But the presence of doubt does not mean the absence of faith. In Scripture we often see stories of people with different backgrounds who brought real questions to Jesus, and Jesus was not afraid of them. Instead of allowing our doubts to discourage our faith, it can become an invitation to examine what we believe and discover Jesus more deeply. **What stood out to you most from this week’s message?**

INTO THE WORD

Read Mark 9:14–24 and Psalm 73:16–17. Why do you think people are sometimes afraid to admit they have doubts? What is the difference between honestly examining your faith and walking away from it?

Read Mark 9:22–24, Jeremiah 17:9, Psalm 42:5, and Proverbs 18:13. Doubt can come from our head, heart, herd, or hurt. Why is it helpful to understand where a doubt is coming from? How might we respond differently to an intellectual question, emotional pain, social pressure, or disappointment with God?

Read Mark 9:24, Psalm 77:7–12, and Romans 8:31–39. Why is it important to examine our doubts with the same honesty that we examine our faith? What truths about God can help us when our questions feel bigger than our confidence?

Read John 20:24–29, Matthew 11:29, and Jude 1:22. What stands out to you about the way Jesus responds to Thomas? What do these passages teach us about God’s heart towards those who doubt?

EMBRACE AND EMBODY

Dealing with doubt means:

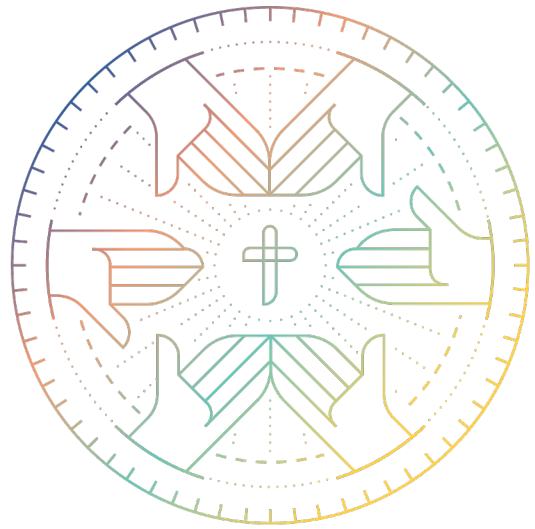
- Refusing to be afraid of honest questions.
- Examining doubt instead of hiding from it.
- Understanding where our doubts are coming from.
- Questioning the assumptions behind our doubts.
- Bringing our unbelief honestly to Jesus.
- Trusting that Jesus meets us in our questions.

As a group, discuss the following questions:

- Which source of doubt—head, heart, herd, or hurt—do you struggle with the most?
- What doubt do you most often wrestle with and what Scriptures can you use to combat this doubt?

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TAKE YOUR NEXT RIGHT STEP

(Prayerfully consider one of the following next steps)

- **Seek God Daily:** Bring an honest doubt to God in prayer. Then **read 1 Corinthians 13:12** and ask God to deepen your trust in Him, even as you examine and wrestle with your doubt.
- **Build Deep Relationships:** Share a question or area of doubt with a trusted believer. Invite them to listen, pray with you, and seek God's truth alongside you.
- **Worship God:** Bring your doubts to God in prayer, and then after spending time in His Word and presence, respond by worshipping Him for who He is - even if your doubt feels unresolved.

GROUP PRAYER PRACTICE

Give everyone a few quiet moments to reflect:

"Where am I experiencing doubt?"

"Is my doubt coming from my head, heart, herd, or hurt?"

"What would it look like to bring that doubt honestly to Jesus?"

Invite group members to silently pray the words of Mark 9:24: "I believe; help my unbelief." Then pray together, asking Jesus to meet people in their questions, deepen their trust, and help the group become a safe place for honest faith and honest doubt.