



A 30-Day Bible Reading Plan to Fight **DOUBT**

How This Plan Works

During the six week Adrift series we explored Spiritual Apathy and the six main roots. In this 30 day Bible reading plan we'll face the doubts that have quietly pulled us off course. It's structured as the same rhythm that you learned in the Adrift study: 1 anchor passage a week, read every day, with a second passage alongside it on most of the days. You'll need a Bible, a pen, and about 10 minutes a day. Honest questions have a long history in Scripture, and God has never been threatened by them. The danger comes when doubt goes underground, unspoken and unexamined, and slowly cools your heart toward him. So this plan will ask you to bring your questions into the open, to God and to people who love you.

Day 1: Drop Anchor

Read the background, then read the anchor passage twice, once silently, once out loud. Write down the word or phrase that catches you. That's the whole assignment.

Day 2: Anchor Out

Read the anchor again, then a related passage.
How do the 2 passages explain each other?

Day 3: Anchor Out

Read the anchor again, then a passage that gets personal.
Where does this name something true about you right now?

Day 4: Anchor Out

Read the anchor again, then a passage built for prayer.
Turn both texts into prayer, line by line.

Day 5: Return To Anchor

Read the anchor one last time in 2 different translations.
What do you hear now that you didn't on Day 1? Then look back at your weekly challenge.

Weekly Challenges

Each week opens with 2 challenges. Pick 1 and carry it all week. They start close to shore and push further out every week, so by Week 6 it should feel like a real stretch. Some will look familiar from the study guide, and that's on purpose, since a good practice is worth repeating. Tell your triad or a friend which one you chose so somebody asks.

Read It In Context

Each week day 1 opens with a few lines of background: who wrote the passage, to whom, and what was going on. Read that first, and when a second passage gives you a range of verses, read the whole range. The setting keeps us from making the Bible say whatever we'd like it to say.

WEEK 1: The Prayer for Doubters

ANCHOR TEXT: Mark 9:21-24

²¹And Jesus asked his father, "How long has this been happening to him?" And he said, "From childhood. ²²And it has often cast him into fire and into water, to destroy him. But if you can do anything, have compassion on us and help us." ²³And Jesus said to him, "'If you can!' All things are possible for one who believes." ²⁴Immediately the father of the child cried out and said, "I believe; help my unbelief!"

CHALLENGE FOR THE WEEK:

Before Day 1, pick 1 of these 2 challenges and keep it in view all week; this reading is meant to fuel it, not replace it.

- ☐ **Name the Current:** Spend 10 quiet minutes with God, then ask yourself, "What doubt has been pulling me off course?" Write a sentence (or a few) naming it. You don't have to answer it yet. Just get it out of your head and onto paper.
 - ☐ **Pray the Father's Prayer:** Every morning this week, pray Mark 9:24 out loud: "I believe; help my unbelief!" Then name 1 thing you do believe and 1 place you're struggling to.
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DAY 1: Drop Anchor

Jesus has just come down from the mountain where he was transfigured, and he walks into an argument. A father brought his son, who had been tormented since childhood, and the disciples couldn't help. When the father finally speaks to Jesus, he hedges: "if you can do anything." Jesus hands the "if" back to him, and the father answers with the most honest prayer in the Gospels. Then Jesus heals the boy.

Read Mark 9:14-29 once for the whole story. Then read verses 21-24 twice, once silently, once out loud.

What word or phrase catches you? Write it down. Resist the urge to apply it yet. Today you're just noticing.

Journal: The word that caught me was...

DAY 2: Read Isaiah 42:1-4

Read Mark 9:21-24 again. Then read Isaiah 42:1-4.

Isaiah describes God's chosen Servant, and Matthew 12:18-21 tells us this Servant is Jesus. Look at how he treats fragile things: "a bruised reed he will not break, and a faintly burning wick he will not quench." How do these 2 passages explain each other? The father brought Jesus a flickering faith, and watch what Jesus did with it.

Journal: My faith right now is more like a ____ than a ____...

DAY 3: Read Psalm 77

Read Mark 9:21-24 again first. Notice if anything new stands out. Then read all of Psalm 77.

Asaph, one of David's worship leaders, can't sleep, and in verses 7-9 he asks 6 questions in a row, each one brutal: "Has his steadfast love forever ceased?" Then in verse 11 he makes a choice: "I will remember the deeds of the LORD," and the rest of the psalm retells the exodus.

Where does this name something true about you right now? Which of Asaph's questions is closest to yours? God put them in the Bible, so you're allowed to ask them.

Journal: The question that's closest to mine is...

DAY 4: Read Lamentations 3:19-24

Read Mark 9:21-24 again, slowly. Then read Lamentations 3:19-24.

Lamentations was written after Jerusalem burned, by someone who watched it happen, and right in the middle of the rubble he remembers something: "Great is your faithfulness." Now turn both texts into prayer, line by line. "I believe" becomes the things you still hold true, named out loud. "Help my unbelief" becomes the places you can't see him right now.

Journal: The "I believe" half of my prayer included...

DAY 5: Return to Anchor

Read Mark 9:21-24 one last time, and today read it in 2 different translations. Watch how each one renders the father's cry in verse 24. What do you hear now that you didn't on Day 1? You've read this passage multiple times this week. That's the whole point. Careful attention is the opposite of drift, and you just practiced it for 5 days.

Journal: As you look back over the past week, where did God meet you, in his Word or in the challenge you took on?

WEEK 2: Almost Slipping

ANCHOR TEXT: Psalm 73:1-3, 16-17, 21-26

¹Truly God is good to Israel, to those who are pure in heart. ²But as for me, my feet had almost stumbled, my steps had nearly slipped. ³For I was envious of the arrogant when I saw the prosperity of the wicked. ... ¹⁶But when I thought how to understand this, it seemed to me a wearisome task, ¹⁷until I went into the sanctuary of God; then I discerned their end. ... ²¹When my soul was embittered, when I was pricked in heart, ²²I was brutish and ignorant; I was like a beast toward you. ²³Nevertheless, I am continually with you; you hold my right hand. ²⁴You guide me with your counsel, and afterward you will receive me to glory. ²⁵Whom have I in heaven but you? And there is nothing on earth that I desire besides you. ²⁶My flesh and my heart may fail, but God is the strength of my heart and my portion forever.

CHALLENGE FOR THE WEEK:

Before Day 1, pick 1 of these 2 challenges and keep it in view all week; this reading is meant to fuel it, not replace it.

- ☐ **Get in the Room:** Asaph's turn came when he "went into the sanctuary of God." Go to worship this week on purpose, even if your heart lags behind your body. Sing what you can, and let the people around you sing the rest.
 - ☐ **Keep a Question List:** Start a running list of the questions you're chasing, in a notebook or on your phone. Crossing 1 off counts as progress, even if 2 more take its place.
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DAY 1: Drop Anchor

Asaph was one of the worship leaders David appointed, a man who spent his life leading God's people in praise. And he admits his feet nearly slipped. He looked around, saw arrogant people prospering, and the math stopped working. The whole psalm turns on verse 17, when he walks into God's house and sees where their road ends. The anchor skips some verses for length, so read all 28 once today.

Read all of Psalm 73 once. Then read the anchor verses twice, once silently, once out loud. What word or phrase catches you? Write it down. Resist the urge to apply it yet. Today you're just noticing.

Journal: The word that caught me was...

DAY 2: Read Jeremiah 12:1-4

Read the anchor again. Then read Jeremiah 12:1-4.

Jeremiah's own hometown has just plotted to kill him (11:18-23), and he brings God the same question that almost took Asaph down: "Why does the way of the wicked prosper?" Notice that both men bring the complaint to God instead of walking away with it. How do these 2 passages explain each other?

Journal: The unfairness that's been eating at me is...

DAY 3: Read Job 21:7-16

Read the anchor again first. Then read Job 21:7-16.

Job's friends keep insisting the wicked always get what's coming to them, and in chapter 21 Job pushes back with what he actually sees: the wicked grow old, get rich, and die comfortable. God does confront Job from the whirlwind (38:2), and in the end he says Job spoke rightly of him and rebukes the friends for their tidy answers (42:7).

Where does this name something true about you right now? Whose comfortable life has quietly become an argument against God in your head?

Journal: The person or life I've been envying is...

DAY 4: Read Psalm 16

Read the anchor again, slowly. Then read all of Psalm 16.

Asaph lands at "God is the strength of my heart and my portion forever," and David says the same thing in Psalm 16:5: "The LORD is my chosen portion and my cup." Now turn both texts into prayer, line by line. Pray the word portion until it means something specific to you.

Journal: Calling God my portion would mean...

DAY 5: Return to Anchor

Read the anchor one last time, and today read it in 2 different translations. Notice where Asaph's turn comes, in verse 17, in the sanctuary. What do you hear now that you didn't on Day 1? You've read this passage multiple times this week. That's the whole point. Careful attention is the opposite of drift, and you just practiced it for 5 days.

Journal: As you look back over the past week, where did God meet you, in his Word or in the challenge you took on?

WEEK 3: Show Me Your Hands

ANCHOR TEXT: John 20:24-29

²⁴Now Thomas, one of the twelve, called the Twin, was not with them when Jesus came. ²⁵So the other disciples told him, "We have seen the Lord." But he said to them, "Unless I see in his hands the mark of the nails, and place my finger into the mark of the nails, and place my hand into his side, I will never believe." ²⁶Eight days later, his disciples were inside again, and Thomas was with them. Although the doors were locked, Jesus came and stood among them and said, "Peace be with you." ²⁷Then he said to Thomas, "Put your finger here, and see my hands; and put out your hand, and place it in my side. Do not disbelieve, but believe." ²⁸Thomas answered him, "My Lord and my God!" ²⁹Jesus said to him, "Have you believed because you have seen me? Blessed are those who have not seen and yet have believed."

CHALLENGE FOR THE WEEK:

Before Day 1, pick 1 of these 2 challenges and keep it in view all week; this reading is meant to fuel it, not replace it.

- ☐ **Back in the Room:** Thomas got his answer when he was back with the others. This week, put yourself in a room with believers: your group, a Sunday service, or coffee with 1 believing friend. Tell them 1 question you're carrying.
- ☐ **Say It Out Loud:** Take the question you named in Week 1 and say it out loud to 1 trusted believer this week. Then ask them to pray the father's prayer from Mark 9 over you.

DAY 1: Drop Anchor

It's the week after the resurrection. The other disciples have seen Jesus, and Thomas wasn't there. He refuses to take their word for it, and he names the evidence he wants. Eight days later, Jesus walks into the room and offers him exactly that evidence. Thomas, the doubter, then makes the clearest confession in John's Gospel: "My Lord and my God!"

Read John 20:24-29 twice, once silently, once out loud.

What word or phrase catches you? Write it down. Resist the urge to apply it yet. Today you're just noticing.

Journal: The word that caught me was...

DAY 2: Read 1 Peter 1:3-9

Read John 20:24-29 again. Then read 1 Peter 1:3-9.

Peter, who saw the risen Jesus himself, writes to believers scattered across what is now Turkey who never did: "Though you have not seen him, you love him." They are the people Jesus blessed in John 20:29. How do these 2 passages explain each other?

Journal: I believe without seeing when...

DAY 3: Read Hebrews 10:19-25

Read John 20:24-29 again first. Then read Hebrews 10:19-25.

Hebrews was written to believers worn down by pressure and tempted to drift, and part of the cure was simple: keep meeting together. John doesn't tell us why Thomas missed that first night, only that he wasn't with them, and that Jesus met him a week later when he was.

Where does this name something true about you right now? What have you been skipping while the questions grew?

Journal: When doubt gets loud, my instinct is to...

DAY 4: Read Psalm 27

Read John 20:24-29 again, slowly. Then read all of Psalm 27.

David starts with confidence ("The LORD is my light and my salvation") and, by verse 7, he's pleading to be heard. Both are in the same psalm. Now turn both texts into prayer, line by line. "My Lord and my God" is a prayer you can pray before you feel it. Then pray David's last line twice: "Wait for the LORD; be strong, and let your heart take courage."

Journal: Waiting on God right now looks like...

DAY 5: Return to Anchor

Read John 20:24-29 one last time, and today read it in 2 different translations. Watch what Jesus says to Thomas in verse 27 in each. What do you hear now that you didn't on Day 1? You've read this passage multiple times this week. That's the whole point. Careful attention is the opposite of drift, and you just practiced it for 5 days.

Journal: As you look back over the past week, where did God meet you, in his Word or in the challenge you took on?

WEEK 4: The Watchpost

ANCHOR TEXT: Habakkuk 1:2-4; 2:1-4

²O LORD, how long shall I cry for help, and you will not hear? Or cry to you "Violence!" and you will not save? ³Why do you make me see iniquity, and why do you idly look at wrong? Destruction and violence are before me; strife and contention arise. ⁴So the law is paralyzed, and justice never goes forth. For the wicked surround the righteous; so justice goes forth perverted. ... ^{2:1}I will take my stand at my watchpost and station myself on the tower, and look out to see what he will say to me, and what I will answer concerning my complaint. ²And the LORD answered me: "Write the vision; make it plain on tablets, so he may run who reads it. ³For still the vision awaits its appointed time; it hastens to the end—it will not lie. If it seems slow, wait for it; it will surely come; it will not delay. ⁴"Behold, his soul is puffed up; it is not upright within him, but the righteous shall live by his faith.

CHALLENGE FOR THE WEEK:

Before Day 1, pick 1 of these 2 challenges and keep it in view all week; this reading is meant to fuel it, not replace it.

- ☐ **Send Up a Flare:** Write your own psalm of lament, just you and God, on paper. Use 3 prompts: "How long, O LORD?" (name the hard thing), "My soul is troubled by..." (tell God what it feels like), and "Yet I will trust..." (end with 1 statement of faith, even a fragile one).
 - ☐ **Date Your Complaint:** Write your complaint to God on paper, the way Habakkuk did. Date it, and put it somewhere you'll find it in 6 months. Then do what Habakkuk did: keep bringing it to God, and watch for how he answers through his Word, his people, and his providence.
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DAY 1: Drop Anchor

Habakkuk prophesied in Judah around 600 BC, when violence and injustice were everywhere and God seemed silent. His book is a conversation: Habakkuk complains, God answers (1:5-11), and the answer is worse than he expected. So he complains again, and then he does something remarkable: "I will take my stand at my watchpost." He doubts, and he stays to hear God's reply.

Read Habakkuk 1-2 once for the whole conversation. Then read the anchor verses twice, once silently, once out loud.

What word or phrase catches you? Write it down. Resist the urge to apply it yet. Today you're just noticing.

Journal: *The word that caught me was...*

DAY 2: Read Psalm 13

Read the anchor again. Then read Psalm 13.

David asks “How long?” 4 times in 2 verses, and by verse 5 he’s saying “But I have trusted in your steadfast love.” His circumstances haven’t changed yet. How do these 2 passages explain each other? What happens between the complaint and the song?

Journal: My “how long” prayer is...

DAY 3: Read Psalm 130

Read the anchor again first. Then read Psalm 130.

This is a pilgrim song, sung on the way up to Jerusalem. The psalmist is waiting for God’s forgiveness and redemption, and he waits like a night watchman waits for sunrise: “I wait for the LORD, my soul waits, and in his word I hope.”

Where does this name something true about you right now? Habakkuk stationed himself where the answer would arrive. Have you been waiting at the watchpost or wandering away from it?

Journal: My watchpost, the place I’ll wait for God, is...

DAY 4: Read Psalm 62

Read the anchor again, slowly. Then read all of Psalm 62.

David is under attack from people who smile to his face and curse him in private, and he keeps returning to 1 line: “He only is my rock and my salvation.” Now turn both texts into prayer, line by line. “Pour out your heart before him” is the invitation, so take it literally. Every complaint Habakkuk filed, file yours. Then end where he stood: watching, expecting an answer.

Journal: When I poured out my heart, what came out was...

DAY 5: Return to Anchor

Read the anchor one last time, and today read it in 2 different translations. Watch what “the righteous shall live by his faith” becomes in each. What do you hear now that you didn’t on Day 1? You’ve read this passage multiple times this week. That’s the whole point. Careful attention is the opposite of drift, and you just practiced it for 5 days.

Journal: As you look back over the past week, where did God meet you, in his Word or in the challenge you took on?

WEEK 5: Sinking and Caught

ANCHOR TEXT: Matthew 14:27-33

²⁷But immediately Jesus spoke to them, saying, "Take heart; it is I. Do not be afraid." ²⁸And Peter answered him, "Lord, if it is you, command me to come to you on the water." ²⁹He said, "Come." So Peter got out of the boat and walked on the water and came to Jesus. ³⁰But when he saw the wind, he was afraid, and beginning to sink he cried out, "Lord, save me." ³¹Jesus immediately reached out his hand and took hold of him, saying to him, "O you of little faith, why did you doubt?" ³²And when they got into the boat, the wind ceased. ³³And those in the boat worshiped him, saying, "Truly you are the Son of God."

CHALLENGE FOR THE WEEK:

Before Day 1, pick 1 of these 2 challenges and keep it in view all week; this reading is meant to fuel it, not replace it.

- ☐ **Dive Beneath the Surface:** Chase your hardest doubt all the way down. Take it to someone spiritually ahead of you, pick up 1 of the resources at the back of this plan, and keep reading, asking, and wrestling until you can say what you believe and why.
 - ☐ **Step Out of the Boat:** Peter stepped out because Jesus said "Come." This week, obey 1 clear command of Jesus you've been waiting to feel certain about before doing: serve somewhere, give, or tell someone your story. Ask your triad to cheer you on and check in.
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DAY 1: Drop Anchor

Jesus has just fed 5,000 people, and he sends the disciples ahead by boat while he prays alone. In the middle of the night they're fighting the wind, and he comes to them walking on the sea. Peter walks too, until he sees the wind. When he sinks, Jesus catches him first and asks the question second. The anchor starts at verse 27, so read the whole scene once today.

Read Matthew 14:22-33 once for the whole story. Then read verses 27-33 twice, once silently, once out loud.

What word or phrase catches you? Write it down. Resist the urge to apply it yet. Today you're just noticing.

Journal: The word that caught me was...

DAY 2: Read Psalm 107:23-32

Read Matthew 14:27-33 again. Then read Psalm 107:23-32.

Psalm 107 tells story after story of people in trouble who “cried to the LORD,” and this one is about sailors whose courage melted in a storm. Notice the order in both passages: the cry comes in the middle of the storm, and the calm comes after. How do these 2 passages explain each other? And who, in Matthew 14, is doing what only God does in Psalm 107?

Journal: The storm I’m crying out in is...

DAY 3: Read Hebrews 12:1-3

Read Matthew 14:27-33 again first. Then read Hebrews 12:1-3.

Right after the long list of faithful people in chapter 11, Hebrews tells weary believers where to look: “looking to Jesus, the founder and perfecter of our faith.” Peter sank when his eyes moved from Jesus to the weather.

Where does this name something true about you right now? What’s the wind you’ve been watching: the headline, the diagnosis, the bank balance?

Journal: The wind that keeps pulling my eyes is...

DAY 4: Read Psalm 69:1-3, 13-18

Read Matthew 14:27-33 again, slowly. Then read Psalm 69:1-3 and 13-18.

David is overwhelmed and mocked, and the New Testament quotes this psalm more than once about Jesus’ own suffering. “Save me, O God! For the waters have come up to my neck” is Peter’s 3-word prayer stretched into a psalm. Now turn both texts into prayer, line by line, with your own waters named.

Journal: The waters at my neck right now are...

DAY 5: Return to Anchor

Read Matthew 14:27-33 one last time, and today read it in 2 different translations. Notice verse 33: the boat full of doubters ends up worshiping. What do you hear now that you didn’t on Day 1? You’ve read this passage multiple times this week. That’s the whole point. Careful attention is the opposite of drift, and you just practiced it for 5 days.

Journal: As you look back over the past week, where did God meet you, in his Word or in the challenge you took on?

WEEK 6: Mercy for the Doubter

ANCHOR TEXT: Jude 20-25

²⁰But you, beloved, building yourselves up in your most holy faith and praying in the Holy Spirit, ²¹keep yourselves in the love of God, waiting for the mercy of our Lord Jesus Christ that leads to eternal life. ²²And have mercy on those who doubt; ²³save others by snatching them out of the fire; to others show mercy with fear, hating even the garment stained by the flesh. ²⁴Now to him who is able to keep you from stumbling and to present you blameless before the presence of his glory with great joy, ²⁵to the only God, our Savior, through Jesus Christ our Lord, be glory, majesty, dominion, and authority, before all time and now and forever. Amen.

CHALLENGE FOR THE WEEK:

Before Day 1, pick 1 of these 2 challenges and keep it in view all week; this reading is meant to fuel it, not replace it.

- ☐ **Throw Them a Lifeline:** Think of 1 person wrestling with a doubt right now. Go to them this week and ask the real question, "How are you, really?" Then listen. Don't rush them to an answer, and show up again in 3 weeks.
 - ☐ **Find a Guide:** Ask someone spiritually ahead of you to meet once a month for the next 3 months to keep working through your questions together. Put the first date on the calendar this week.
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DAY 1: Drop Anchor

Jude, a brother of Jesus, wrote a short, urgent letter warning a church about teachers who twisted grace into an excuse to sin. At the end, he turns tender. He tells the faithful to keep themselves in God's love, and he tucks a command inside: "have mercy on those who doubt." The letter ends with a promise about who holds you: "him who is able to keep you from stumbling."

Read Jude 20-25 twice, once silently, once out loud.

What word or phrase catches you? Write it down. Resist the urge to apply it yet. Today you're just noticing.

Journal: The word that caught me was...

DAY 2: Read 2 Timothy 2:8-13

Read Jude 20-25 again. Then read 2 Timothy 2:8-13.

Paul, chained in prison, quotes a saying the early church knew well. Verse 12 warns that denying Christ has consequences, and verse 13 turns: "if we are faithless, he remains faithful." Deserting Jesus and struggling to hold on to him are 2 different things. How do these 2 passages explain each other? Jude says God is able to keep you, and Paul says weak faith meets a faithful Christ.

Journal: Knowing his faithfulness holds when mine flickers makes me...

DAY 3: Read 1 Thessalonians 5:12-18

Read Jude 20-25 again first. Then read 1 Thessalonians 5:12-18.

Paul is writing to a young church on how to care for one another, and he gives each kind of struggler a different response: "admonish the idle, encourage the fainthearted, help the weak." After 25 days, you may be the one God sends to the next fainthearted person.

Where does this name something true about you right now? Who in your life is carrying a question alone the way you were?

Journal: The doubter who needs my mercy is...

DAY 4: Read Ephesians 3:14-21

Read Jude 20-25 again, slowly. Then read Ephesians 3:14-21.

Paul prays for a church he loves, from prison, that they would "know the love of Christ that surpasses knowledge." Now turn both texts into prayer, line by line. Pray Paul's prayer over yourself by name, then pray it over the person you named yesterday.

Journal: Praying that prayer over myself felt...

DAY 5: Return to Anchor

Read Jude 20-25 one last time, and today read it in 2 different translations. Let verse 24 land in both: he is able to keep you from stumbling. What do you hear now that you didn't on Day 1? You've read this passage multiple times this week. That's the whole point. Careful attention is the opposite of drift, and you just practiced it for 5 days.

Then finish the 30 days by writing your own version of the father's prayer from Week 1: "I believe ____; help my unbelief about ____." Keep it in your Bible. Mercy received becomes mercy passed on, and you've got 30 days of mercy behind you now.

Journal: As you look back over the past week, where did God meet you, in his Word or in the challenge you took on?

Explore More (Optional)

If you'd like to go further in working through doubt, here are a few ways to do so:

- **Case for Christ** by Lee Strobel. A journalist's real investigation into the evidence for Jesus, for someone who wants answers to factual doubt without wading through academic language.
- **After Doubt** by AJ Swoboda. A close, honest look at the difference between doubting and simply walking away, for anyone in the middle of a real crisis of faith.
- **The Reason for God** by Timothy Keller. The deepest option here, working through the hardest intellectual objections to faith one at a time, for anyone who wants to go further than a quick answer.
- **Stand to Reason (STR.org)**. Short, focused articles and podcasts on specific doubt questions, good if you want quick answers rather than committing to a whole book.
- **Overcoming Apathy** by Uche Anizor. Gives a clear biblical diagnosis of apathy and the case for pursuing zeal instead.