



Meeting Jesus in Doubt

- Thomas “the Twin” (John 11:4-16, John 14:1-7)

JOHN 20:24-29

²⁴One of the twelve disciples, Thomas (nicknamed the Twin), was not with the others when Jesus came. ²⁵They 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.”

²⁶Eight days later the disciples were together again, and this time Thomas was with them. The doors were locked; but suddenly, as before, Jesus was standing among them. “Peace be with you,” he said. ²⁷Then he said to Thomas, “Put your finger here, and look at my hands. Put your hand into the wound in my side. Don’t be faithless any longer. Believe!”

²⁸“My Lord and my God!” Thomas exclaimed.

²⁹Then Jesus told him, “You believe because you have seen me. Blessed are those who believe without seeing me.”

DOUBT

- Doubt is a _____ part of faith.

“Doubts are the ants in the pants of faith. They keep it awake and moving.” Frederick Buechner, Wishful Thinking

- Doubt can lead to _____ trust.
- The danger is not doubt—but _____.
- We are not called to _____ faith, we are invited into _____ knowing.

“Jesus did not shame Thomas or scold him; he invited him to touch his wounds and believe.” – Brennan Manning

- Thomas went from doubt to _____.
- Doubt isn’t the _____ of faith—it’s often the place where faith is being _____. We are invited, in our moments and seasons of doubt, to meet with and experience God in ways that we move from doubt to worship.

WALKING IT OUT

- Don’t _____.
 - Pray your doubt, not _____ it.
 - _____ your questions and doubts, write letters to God. (The Psalms)
- Practice “_____” (_____ over _____)
 - Keep _____.
 - Isolation vs. solitude.
 - Solitude is being alone to recharge, pray, contemplate, and experience silence and stillness.
 - Isolation is the negative, fear-based withdrawal from others that leads to loneliness, anxiety, and mental fatigue.
 - Have spiritual _____.

What do I sense God speaking to me in this moment?

What do I sense that He is inviting me to in response?