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SESSION ONE:

THE DANGER OF DOUBT

Doubt is something we've all faced at one point or another. Whether it's in the middle of a challenging season, a big decision, or even in the everyday moments of life, doubt has a way of showing up at the most critical times—those moments when you're stepping out in faith or trusting God for something greater.

How we deal with doubt is crucial. If we let it affect our self-worth or question God's goodness, it can be incredibly destructive. But if we learn to face it in a healthy way, doubt can actually become a catalyst for growth and a deeper trust in God.

In this session, we're going to define doubt and look at what it takes to face it head-on so that we can experience all that God has for us.



"God has not given us a spirit of fear but of power and of love and of a sound mind."

2 Timothy 1:7



GROUP DISCUSSION

Leader, read these questions aloud.

1. Think about your personal experience with doubt. Which have you struggled with the most: doubting yourself, doubting God, or doubting others?
2. How has doubt impacted your life? (Examples: fear, anxiety, stress, confusion, insecurity, isolation, a lack of trust, loneliness, distance from God)
3. Moses felt unqualified and afraid for many reasons. Where do you feel unqualified or afraid right now, and why?
4. What do you hope God will do in your heart and life over the course of this study?



CLOSING PRAYER

Select a volunteer to pray this closing prayer over the group:

“God, we thank You for welcoming our questions and doubts. Help us to grow closer to You through this study. Show us how to deal with doubt in a way that strengthens our faith and deepens our relationship with You and with others. Give us the wisdom and courage we need to step into all that You have for us. In Jesus’ name, amen.”

WORK OUT THE DOUBT

PERSONAL STUDY

→ READ

In the Book of Exodus, Moses had an encounter with God at the burning bush. Even though God was speaking directly to Moses about his calling, Moses was still filled with doubt.

Read Exodus 3-6. Take note of the doubts that Moses expressed.

→ RELATE

How can you relate to Moses and his journey of doubt?

When is the first time you recall struggling with doubt? How old were you, and what caused your doubt?

→ REFLECT

Take time to consider where you are right now and where you want to be by the end of this study. Remember, what is impossible with man is possible with God (Luke 18:27).

Where am I at?

Check all that apply or write your own:

- I'm struggling with self-doubt
- The seed of doubt has grown into the fruit of fear in my life
- I'm doubting God's plan for my life
- I'm doubting God's existence or questioning my faith
- I lack faith that God will come through in my circumstances
- I'm in a season of discouragement, delay, or what feels like a detour
- I've been hurt, and I doubt others
- I am not struggling with doubt, but I want to help others kick out doubt
- Other: _____

Where do I want to be?

Check all that apply or write your own:

- I want to see myself how God sees me
- I want to be free from fear and able to identify the warning signal of doubt when it arises
- I want to walk in confidence in God's plan for my life
- I want help and guidance with the big questions about God and the Bible
- I want to grow my faith in the God of miracles
- I want to forgive, heal, and begin to trust others again
- I want to find opportunities to help those who struggle with doubt
- Other: _____

Doubt can become a lid on our opportunities. Insecurity will cause you not to step out and take risks, and as a result, you miss out on the life God has for you. What are some ways self-doubt is robbing you of God's best? For example, have you hesitated to share your faith with others? Or stayed silent when you knew God wanted you to speak up? Have you felt God calling you to do something you've ignored out of fear?

Take time to write your thoughts below:

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Doubt can also be a disruptor to our connection with God. Doubt will attempt to discount your connection to God, causing you to question your faith and drive you further away from your Heavenly Father. What unresolved questions do you have about God, His character, or the Bible? Is the way you are currently handling doubt leading you closer to God or further away?

Write your thoughts below:

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In addition to our relationship with God, doubt can be a restraint on our relationships with others. When we allow suspicion and second-guessing to become the norm, it restricts intimacy and vulnerability. As a result, your relationships only go surface-deep. What are some ways doubt has impacted your relationships? What would it feel like to believe the best about people?

Write your thoughts below:

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→ RESPOND

Read the Scriptures below and underline the truth you need to remember the most. Consider writing one of these verses on a sticky note or a note card and commit it to memory this week.

God is working in me and through me:

“And I am certain that God, who began the good work within you, will continue his work until it is finally finished on the day when Christ Jesus returns.” **Philippians 1:6**

I can draw closer to God even through my doubts:

“You will seek me and find me, when you seek me with all your heart.” **Jeremiah 29:13**

God gives me the strength to love and forgive others:

“So now I am giving you a new commandment: Love each other. Just as I have loved you, you should love each other.” **John 13:34**

→ PRAYER

In the space below, write a prayer asking God to reveal the doubts you’ve been living with. Ask Him to open your eyes to the thoughts holding you back and to begin filling you with hope and anticipation for all He longs to do in your life.

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SUGGESTED READING

Don't Let Doubt Take You Out
by Todd Mullins

Introduction - Chapter 2

**“SOMETIMES THE ROAD YOU
WOULD NEVER CHOOSE CAN
BUILD THE FAITH YOU’VE
ALWAYS WANTED.”**

Todd Mullins

Don't Let Doubt Take You Out