

# DON'T LET ~~DOUBT~~ TAKE YOU OUT

REPLACING FEAR AND DOUBT WITH FAITH AND TRUTH

## BI-WEEKLY FACILITATOR & LEADER GUIDE

Because this is a condensed study, make sure you connect with every group member **before** your first session to ensure they watch the following videos *prior* to Session 1:

- Getting the Most Out of Your Group
- Video Teaching 1
- Video Teaching 2

This will allow you to make the most of your first meeting and maximize your group discussion!

## SESSION ONE: THE DANGER OF DOUBT AND THE HARDEST VOICE TO SILENCE

**Watch the video teachings in advance: Sessions 1 and 2**

Note: Participants can take notes for each of these sessions on pages 8 and 15.



SESSION 1



SESSION 2

### INTRODUCTION: (5 min.)

Welcome to the *Don't Let Doubt Take You Out* group study! **Take two minutes to introduce yourself.**

This six-session study is a spin-off of Pastor Todd's book *Don't Let Doubt Take You Out*. You **don't** have to read the book to go on this journey with us, but I suggest picking up a copy to get the most out of the next few weeks.

Also, because our group will be meeting bi-weekly, we will cover **two sessions** during each of our meetings to maximize our time together. This will require you to watch two video teachings and complete homework for two sessions between our meetings.

Everybody in this room has one thing in common: We've all wrestled with doubt. Some of us have been hurt or betrayed by a loved one, so our natural tendency is to doubt others. And sometimes, the hardest person to believe in is yourself, right? How many of you have ever struggled with self-doubt? Show of hands. Exactly, all of us. And maybe some of us, if we're honest, have struggled with doubting God. We've questioned His goodness and faithfulness in seasons of suffering.

But for the next few weeks, we're going to learn how to leverage those doubts to grow our faith—and I'm so excited to do that together! So, before we go any further, I want to take a minute and pray over everyone in this room.

Pray.

### **CONNECT: (20 min.)**

1. In two minutes or less, share your name and a little bit about yourself.
2. If you could magically eliminate all doubt in *one* area of your life—like picking the right Netflix show, knowing if pineapple belongs on pizza, or something bigger—what would it be?
3. What made you decide to join this study?

### **Group Discussion: (30 min)**

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. Because of his background and past, Gideon knew he didn't have the strength to defeat the Midianites on his own. When was the last time you found yourself in a situation and thought, "This is too big for me to handle alone?"
4. If we're consumed by our comfort, we will miss our calling. Where are you choosing comfort over growth?
5. Proverbs 18:21 says, "Death and life are in the power of the tongue." Where are you speaking life over yourself? Are there words you are replaying in your head that could be keeping you from your calling?

### **WRAP-UP AND PRAYER: (5 Min)**

Before we wrap up our session, I want to make sure everybody is aware of the **weekly homework** that is available in your study book. I say "available" because this isn't *work*—it's a *resource* to help you grow in your faith! It's called "**Work Out The Doubt**," and it's comprised of four sections: Read, Relate, Reflect, and Respond. You can work through this at your own pace—you can do it all in one sitting or space it out throughout the week by doing one section a day. And you can find the homework for these sessions on pages 10-13 and 17-21 in your study book.

I encourage you to lean in and not gloss over this work. Ask the Holy Spirit to speak to you. This is your chance to process what you're learning *and* an opportunity to kick doubt out! So, work through that over

the next two weeks because we will kick off our next session by discussing what God revealed to you through the work you completed at home!

And don't forget to watch videos three and four before our next session!

Note: Participants can take notes for these videos on pages 23 and 33 and their study book.

Close in Prayer.

**Select a volunteer to pray over the group.** You can choose to have them pray either the closing prayer found on page 9, the prayer found on page 16, or a prayer of their own.

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## SESSION TWO: WAITING ON A MIRACLE AND DEALING WITH DETOURS

**Watch the video teachings in advance: Sessions 3 and 4**

Note: Participants can take notes for each of these sessions on pages 23 and 33.



SESSION 3



SESSION 4

### INTRODUCTION: (5 min.)

Welcome back to Session Two, everybody! This might be my favorite week of the study because we're talking about two of my favorite sessions—Sessions Three and Four! During these videos, we got to listen and learn as Pastor Todd shared things he's never shared publicly about the seasons in his life that caused him to wrestle with his faith. Weren't these videos so inspiring and encouraging? Did anybody else feel like he was preaching directly to them? (Show of hands!)

I'm so excited to talk about what God showed you, both in the homework and the videos, so let's pray and jump in!

Open up in Prayer.

### CONNECT: (20 min)

If you brought your book, turn to the "Work Out The Doubt" sections you completed, and let's take some time to discuss what God showed you. The homework allowed us to dive deeper into both Moses' and Gideon's stories. Did their stories challenge you like they challenged me?

1. What was your biggest takeaway from the homework you completed?
2. How did you answer the following question from Session Two's homework: In Judges 6:14, the Lord tells Gideon to "Go in the strength you have and deliver Israel from the power of Midian."

What do you feel like God is telling you to do with the strength He has already given you today?  
Is it in an area where you are doubting yourself?

3. If you feel comfortable, share the battle strategy you wrote in the “Respond” section in Session Two.

### **DISCUSSION TIME: (30 min)**

1. What impacted you the most from the video teachings for Sessions Three and Four? What notes did you take?
2. What circumstances in your life have caused you to doubt God or His goodness? How did you work through it?
3. What miracle do you need God to do in your life or in your family right now?
4. In what ways have you experienced God’s comfort in the midst of a problem or a difficult season?
5. In the video teaching, Todd says, “Tribulation leads to revelation.” How have the hard things in your life deepened your understanding of God or your relationship with Him?

### **WRAP-UP AND PRAYER: (5 min)**

I don’t know about you, but I could keep talking about this for days. Your testimonies encourage me. But I want to honor everybody’s time, so we’ll have to pick up where we left off in two weeks! But I believe His Spirit will continue to meet you as you dive into the homework, and my prayer is that each of us will get glimpses of Him over the next two weeks as we continue in our personal study. You can find the homework for the next two weeks on pages 25-31 and 35-39.

And as you watch Sessions Five and Six, you can take notes for each of those on pages 41 and 50.

Close in prayer.

**Select a volunteer to pray over the group.** You can choose to have them pray either the closing prayer found on page 24, the prayer found on page 34, or a prayer of their own.

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## SESSION THREE: RELATIONSHIPS REQUIRED AND STEPPING OUT IN FAITH

**Watch the video teachings in advance: Sessions 5 and 6**

Note: Participants can take notes for each of these sessions on pages 41 and 50.



SESSION 5



SESSION 6

### INTRODUCTION: (5 min)

Welcome back to our final session! I'm so proud of each of you for showing up and staying consistent with this study. You guys are doing the work it takes to kick doubt out, and I just want to take a moment to acknowledge that! I pray that you have felt God stretching your faith and expanding your perspective as you've tuned into these teachings and the testimonies of the people in your group.

I already know today's talk will be filled with wisdom and fuel for our faith, so let's get to it!

Open up in Prayer.

### CONNECT: (20 min)

1. What's something God revealed to you through the two "Work Out The Doubt" sections you completed?
2. How did reading Job's story inspire you to view the painful places in your life differently?
3. The "Reflect" sections in both Session Three and Four had us read through several Psalms where the writers felt as though God was silent. What did you learn from that exercise, and how did it change your view of seasons when God seems quiet?

### DISCUSSION TIME: (30 min)

1. What was your biggest takeaway from the video teachings for Session Five and Six?

2. Can you think of a time when you were betrayed in a relationship or friendship (Examples: in your childhood, your teenage years, or recently)? How did that betrayal impact your ability to trust others? (Note: you don't need to share details or names)
3. How has God used conflict or other relational difficulties to grow your character?
4. In Session Six, we learned about Peter and how he stepped out of his boat in the middle of a storm with both faith and doubt in his heart (Matthew 14:28-30). Where do you feel God calling you to step out in faith? What doubts keep you "stuck in the boat"?
5. If you stepped out in faith (even with a little bit of doubt in your heart), who in your life could benefit from your obedience? How have you benefited from someone else's step of faith? Do you think they had doubts when they took that step?
6. What has been your biggest takeaway from this study? What has God revealed to you?

### **WRAP-UP AND PRAYER: (5 min.)**

I'm so encouraged and inspired by each and every one of you! I wish our group didn't have to end, but while our group time is over, you still have two more weeks of homework, and I don't want you to miss what God has for you in the pages of your workbook. Dig into those questions. You'll find them on pages 43-48 and 52-58. Ask God to speak to you and then hold each other accountable—if God shows you something, share it with someone in this group!

In addition to completing your final "Work Out The Doubt" section, I would also like to ask that each of you do **two things**:

1. First, take a few minutes to **share your story** of turning doubt into faith with the team here at Christ Fellowship. Let Pastors Todd and Julie know how this study has impacted your faith!
2. And finally—and maybe most importantly—**take another step** to keep the momentum going. There are so many other opportunities, classes, groups, and resources available—and they're all meant to help you continue growing!

Be on the lookout for an email from me, which will provide the link where you can [share your story](#) and learn about your [next steps](#)!



Find My Next Step



Share My Story

It's been an honor and a privilege to kick doubt out with all of you.

**Close in prayer.**

**Select a volunteer to pray the prayer found on page 51 over the group.**