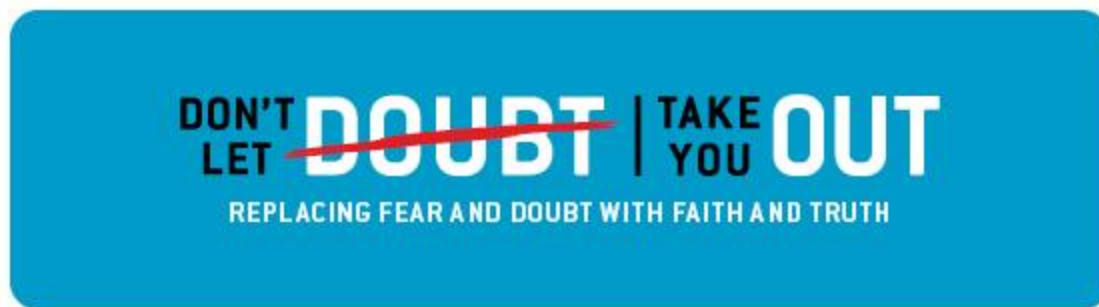




FACILITATOR & LEADER GUIDE

SESSION 1: THE DANGER OF DOUBT

RESOURCES NEEDED

- Snacks/Refreshments
- TV Access
- Video Teaching for Session 1
- *Don't Let Doubt Take You Out* Study Workbook
- Name Tags/ Pens & Markers

THINGS TO REMEMBER

- Prepare for each session by watching the video teaching in advance. Take notes so you are equipped with key points to discuss.
- This study is meant to create space for people to discuss their doubts so they can grow in their faith. Part of this process requires allowing people to open up about their questions (and even their unbelief) without judgment. Ask the Lord to give you wisdom as you lead so you can meet every person with grace and truth. And remember, the church should be the safest place to have the hardest conversations.
- While participants are not required to read *Don't Let Doubt Take You Out*, it's strongly recommended that all facilitators read the book.

INTRODUCTION: 5 MINS

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

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.

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 six weeks, we're going to learn how to leverage those doubts to grow our faith—and I'm so excited to do that together!

But first, I want us to go over how to get the most out of your group! I know our Pastor has put his all into this study, but we have to do *our part* if we want to experience all God has for us! So, before we jump in, turn your attention to this video!

To watch ***“Getting the Most Out of Your Group”*** scan the QR Code below:



Alright, now that we know how to get the most out of this, let's dive in!

CONNECT: 15 MINS

Note: If you have a large group, Table Group Leaders at each table can facilitate these questions. However, if you have a group of 10 or fewer, you can lead the entire room through these questions.

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?

TRANSITION TO TEACHING: 1 MIN

Well, no matter how you answered that last question, I'm so glad you're here. As we jump into today's video teaching, you'll notice a space in your workbook on page 8 to take notes. Use it! Even if you're not navigating doubts right now, take notes for the season you're not in yet...That's a pro tip!

Let me pray before we play the video!

Pray.

PLAY TEACHING VIDEO: 18 MINS

To watch *“Session 1: The Danger of Doubt”* scan the QR Code below:



TABLE TIME: 20 MINS

Wasn't that video good? I don't know about you, but that teaching made me excited for what's to come! Let's spend some time processing Pastor Todd's teaching together.

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?

WRAP-UP AND PRAYER: 3 MINS

Before we wrap up our session, I want to point out that you have **weekly homework** in your workbook. 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.

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

Close in Prayer.

Select a volunteer to pray the closing prayer found on page nine in the workbook over the group:

Note: You can pray for the group if nobody else feels comfortable enough to pray.

“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.”

SESSION 2: THE HARDEST VOICE TO SILENCE

RESOURCES NEEDED

- Snacks/Refreshments
- TV Access
- Video Teaching for Session 2
- *Don't Let Doubt Take You Out* Study Workbook
- Name Tags/Pens & Markers

INTRODUCTION: 2 MINS

Welcome back to Session Two! Today, we're talking about self-doubt, which I think is a topic we can all relate to—that feeling of *not being good enough* or *not having what it takes*. Whether you label it insecurity, Imposter Syndrome, or something else, my guess is you've navigated some things in your life that you didn't feel qualified for. Am I right? (Ask for a show of hands.)

Well, today, we get to hear from our Pastor as he opens up about the times he's wrestled with self-doubt and the valuable lessons he's learned. But before we jump into that, I want to take the next 15-20 minutes to discuss what God showed you through the homework you did *last* week...

CONNECT: 15 MINS

Note: If you have a large group, Table Group Leaders at each table can facilitate these questions. However, if you have a group of 10 or fewer, you can lead the entire room through these questions.

If you did the homework, then you read about Moses, arguably one of the greatest leaders in the Bible! Did anybody else find it comforting to learn about all the doubts Moses faced? The same guy whose name is written in the Hebrews' Hall of Faith (Hebrews 11) had doubts, just like us!

After we read about Moses' doubts, we got to assess some of the doubts we're currently facing, so open up your books and look back through your "Work Out The Doubt" section. Let's talk about what God showed us together!

1. What's something God revealed to you through the "Work Out The Doubt" homework?
2. When was the first time you recall struggling with doubt?
3. In the "Reflect" section, where did you determine you are right now, and where do you want to be?

TRANSITION TO TEACHING: 1 MIN

Now that we've assessed where we are and where we want to grow let's turn our attention to today's video teaching so we can start learning how to kick self-doubt out! Don't forget to use that space in your book on page 15 to take notes!

PLAY TEACHING VIDEO: 16 MINS

To watch **“Session 2: The Hardest Voice to Silence”** scan the QR Code below:



TABLE TIME: 20 MINS

What a powerful testimony—from a frightened farmer to a victorious fighter! I love how Pastor Todd pointed out that our weaknesses are an invitation to draw closer to God and tap into *His* strength! Wasn't that so encouraging?

Let's process this together!

(Note: You can always kick off this time by asking if anybody has any big takeaways from the video they would like to share.)

1. 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?"
2. What words or events in your past have caused you to doubt yourself?
3. If we're consumed by our comfort, we will miss our calling. Where are you choosing comfort over growth?
4. 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: 3 MINS

We could probably keep this conversation going for a while, but I want to honor everybody's time, so let's bring it together for one final moment of prayer.

As a reminder, don't forget to complete the **“Work Out The Doubt”** section in your workbook this week—and then come ready to share what you learned from the homework during our next session.

Close in Prayer.

Is there a volunteer who would like to pray for us? Come on, don't let self-doubt hold you back! There's a prayer on page 16 at the end of this session that you can read over us!

“God, we thank You that your power is made perfect in our weakness. Help us to move past our past and rely on You as our source of strength and confidence. We thank You that the truest thing about us is what You say about us. Replace any lies that we’ve believed about ourselves with the truth of who You say we are, amen.”

SESSION 3: WAITING ON A MIRACLE

RESOURCES NEEDED

- Snacks/Refreshments
- TV Access
- Video Teaching for Session 3
- *Don’t Let Doubt Take You Out* Study Workbook
- Name Tags/Pens & Markers

INTRODUCTION: 3 MINS

Welcome back! I’m so thankful you all are here because we’re jumping into Session Three today and it might be one of my favorite sessions of the entire study. In just a few moments, we’ll hear a teaching about those times when we are tempted to doubt God, but before we dive into that conversation, let’s back up and talk about last week!

And before we kick that conversation off, let me open us up in prayer!

Pray.

CONNECT: 15 MINS

Note: If you have a large group, Table Group Leaders at each table can facilitate these questions. However, if you have a group of 10 or fewer, you can lead the entire room through these questions.

If you brought your book, turn to the “Work Out The Doubt” section you completed (page 17), and let’s take some time to discuss it. The homework allowed us to dive deeper into Gideon’s story, which I found inspiring and encouraging. What about you guys?

1. What’s something God revealed to you through the “Work Out The Doubt” personal study time?
2. What’s something you felt called to step out of your comfort zone and do after working through the “Reflect” section?
3. If you feel comfortable, share the battle strategy you wrote in the “Respond” section (page 20).

TRANSITION TO TEACHING: 1 MIN

Okay, now it’s time to get your pens ready because I promise you’ll want to take notes during this teaching. Also, you may want to find a Kleenex. Consider that your warning. This teaching is filled with some hard-won truths, so you’re in for a treat (and maybe even some tears).

PLAY TEACHING VIDEO: 19 MINS

To watch “*Session 3: Waiting on a Miracle*” scan the QR Code below:



TABLE TIME: 20 MINS

Don't you just love our Pastor? I'm so grateful for how Pastors Todd and Julie have chosen to steward their story to help us grow in our faith.

I love how Pastor Todd said when we don't know what to THINK we can know where to GO, and I believe we're all in the right place today because we're surrounded by people of faith! And if you're struggling to believe in God's goodness or faithfulness right now, then you're in the right place because I think there are people in this room who would love to let you borrow their faith!

So, let's talk about it together.

1. What circumstances in your life have caused you to doubt God or His goodness? How did you work through it?
2. What miracle do you need God to do in your life or in your family right now?
3. Sometimes God does a miracle in a minute, and sometimes He takes us on a journey of miracles. How do you stay strong in your faith while waiting?
4. Sometimes when we don't have a lot of faith, we need to borrow the belief of a friend. How has someone else's faith or belief strengthened your faith in the past?

WRAP-UP AND PRAYER: 3 MINS

The bad news is we're out of time, but the good news is we get to keep this conversation going next week! So make sure you come back because we're going to talk about what happens when life takes a detour we weren't expecting. I know I said this week was my favorite week of the study, but on second thought, I might like next week *even more!* So, make sure you're here!

Remember to do the homework. It is rich this week, and I believe God wants to speak to you personally as you work through it. We'll talk about what you learned in your personal study next week!

Close in Prayer.

Who wants to pray for us? You can read from the prayer found in your workbook on page 24.

“God, thank You for being patient with us and our doubts. We’re grateful that we can bring our questions, fears, and frustrations to You. Holy Spirit, help us to trust You in the waiting and to see Your hand at work, even when we can’t see the whole picture. Strengthen our faith and teach us to depend on You. In Jesus’ name, amen.”

SESSION 4: DEALING WITH DETOURS

RESOURCES NEEDED

- Snacks/Refreshments
- TV Access
- Video Teaching for Session 4
- *Don’t Let Doubt Take You Out* Study Workbook
- Name Tags/Pens & Markers

INTRODUCTION: 2 MINS

Hey, everybody—welcome to Session Four! Can you believe we’re over halfway through this study? We’re picking up where we left off last week and talking about those seasons in life that cause us to wonder where God is and what He’s doing. This session is so special because Pastor Todd opens up and shares some things he’s never shared publicly before and his vulnerability inspired me and strengthened my faith!

But before we get to that, you guys know the drill by now! Let me open us up in prayer, and then we’ll spend some time reflecting on what the Lord showed us this week in our homework.

Pray.

CONNECT: 15 MINS

Note: If you have a large group, Table Group Leaders at each table can facilitate these questions. However, if you have a group of 10 or fewer, you can lead the entire room through these questions.

Open up your workbook to the “Work Out The Doubt” section you completed last week so we can reflect on what God showed us together.

1. What’s something God revealed to you through the “Work Out The Doubt” personal study time?
2. If you feel comfortable, share the declaration of faith you wrote in the “Reflect” section, using Psalms 13:5-6 as a guide (page 28).
3. How did you decide to leverage the delay you’re experiencing or the season you’re currently in for your development?

TRANSITION TO TEACHING: 1 MIN

So, now that we've talked about what to do while we're waiting on a miracle, let's lean in and listen as Pastor Todd teaches us how to respond when the delay we're experiencing turns into a detour we weren't expecting!

PLAY TEACHING VIDEO: 19 MINS

To watch "**Session 4: Dealing with Detours**" scan the QR Code below:



TABLE TIME: 20 MINS

I don't know about you, but I couldn't write fast enough during that teaching. That word was packed with so many profound truths and wisdom that I want to carry with me for life. Was there a takeaway from that teaching anybody wants to share before we jump into our discussion questions?

1. When was the last time your life took a detour? How did you respond? Did you blame God?
2. In what ways have you experienced God's comfort in the midst of a problem or a difficult season?
3. In the video teaching, Pastor Todd says, "Tribulation leads to revelation." How have the hard things in your life deepened your understanding of God or your relationship with Him?
4. What are some practical steps you have taken or can take in seasons of doubt to strengthen your faith?

WRAP-UP AND PRAYER: 3 MINS

I know this room is filled with so much wisdom, and hearing your testimonies builds my faith. I'm so thankful we don't have to navigate the detours of this life alone. Pastor Todd said we've got to hang onto God's people and some of those people can be found right here in this room! I'm so grateful for each of you and the way you're helping the people in this room kick doubt out.

This week's homework involves studying the lives of Job and David, and it's a section you don't want to skip. It impacted me and shifted my perspective of the seasons when God feels distant or silent, so you're in for a blessing this week as you work your way through it.

Close in Prayer.

Who is going to close in prayer for us tonight? Remember, you don't have to be nervous about praying out loud because there's a prayer on page 34 already written in your book for you to read!

"God, we thank You that you never leave us, even in the detours. Help us to process our doubts in a healthy way so that we can grow closer to You. When You feel distant or far away, remind us that You're always close and always working. Help us to listen to what we know, not what we fear. In Jesus' name, amen."

SESSION 5: RELATIONSHIPS REQUIRED

RESOURCES NEEDED

- Snacks/Refreshments
- TV Access
- Video Teaching for Session 5
- *Don't Let Doubt Take You Out* Study Workbook
- Name Tags/Pens & Markers

INTRODUCTION: 2 MINS

Welcome back to Session Five. 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 feel God stretching your faith and expanding your perspective as you listen to these video teachings and the testimonies of the people in your group.

Let's pray, and then we'll start talking!

Pray.

CONNECT: 15 MINS

Note: If you have a large group, Table Group Leaders at each table can facilitate these questions. However, if you have a group of 10 or fewer, you can lead the entire room through these questions.

Open your workbook to last week's "Work Out the Doubt" section.

1. What's something God revealed to you through the "Work Out The Doubt" personal study time?
2. How did reading the story of Job inspire you to view the painful places in your life differently?
3. The "Reflect" section 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?

TRANSITION TO TEACHING: 1 MIN

Now, it's time to turn our attention to tonight's teaching. This week's lesson is called "Relationships Required" and we're going to be learning about how to deal with the doubt that disrupts our relationships with others. It's convicting in the best way possible!

PLAY TEACHING VIDEO: 21 MINS

To watch *"Session 5: Relationships Required"* scan the QR Code below:



TABLE TIME: 20 MINS

If you felt convicted watching that teaching, don't worry—I'm pretty sure you're in good company. Relationships are complicated, right? But that lesson inspired me to rethink how I approach doubts and conflict with the people in my life. Let's talk about it together. Does anybody have anything they want to add or share before we jump in?

1. 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)
2. Colossians 3:13 says, *"Bear with each other and forgive one another....forgive as the Lord forgave you."* How does this verse challenge you regarding forgiveness?
3. Is there someone in your life you need to apologize to or extend forgiveness to? What steps do you need to take?
4. How has God used conflict or other relational difficulties to grow your character?

WRAP-UP AND PRAYER: 3 MINS

Next week is our final week together, and I know it will be bittersweet. Make sure you do the homework this week so you can show up to our next session ready to contribute. The "Work Out The Doubt" section has some great tips for extending an apology or forgiveness that I think we will all find helpful.

Close in Prayer.

Alright, who is going to be our prayer warrior tonight? You can find the guided prayer in your workbook on page 42!

"God, thank You for being a God of grace and forgiveness. Help us to reflect Your character by extending that same grace to others. Teach us to trust again, to believe the

best about people, and to walk in forgiveness and freedom. Heal our hearts where they've been hurt, and help us to be peacemakers. In Jesus' name, amen."

SESSION 6: STEPPING OUT IN FAITH

RESOURCES NEEDED

- Snacks/Refreshments
- TV Access
- Video Teaching for Session 6
- *Don't Let Doubt Take You Out* Study Workbook
- Name Tags/Pens & Markers

INTRODUCTION: 2 MINS

Hey, everyone! Welcome to our final session of *Don't Let Doubt Take You Out*. You made it! Let's just give ourselves a few seconds of applause for the work we've done over the last six weeks! <Enjoy a moment of celebration because kicking out doubt isn't easy!>

I think I've said this about some of the other teachings, but tonight is truly my favorite teaching. Pastor Todd has prepared an incredible word for us, and I'm so excited for you to hear it. But before we get to that, let's pray and process what God revealed to us last week.

Pray.

CONNECT: 15 MINS

Note: If you have a large group, Table Group Leaders at each table can facilitate these questions. However, if you have a group of 10 or fewer, you can lead the entire room through these questions.

It's our last week to do this, so let's make the most of it!

1. What's something God revealed to you through the "Work Out The Doubt" personal study time?
2. How did you find yourself approaching certain relationships differently after last week's session?
3. Do you tend to be a "peace-faker" or a "peacemaker"? What do you think is the big difference between the two?

TRANSITION TO TEACHING: 1 MIN

I think Pastor Todd saved the best for last, so make sure you're ready to take notes. How many of you have heard the phrase "stepping out in faith" before? Show of hands. Well, we're all about to be challenged (in the best way) to rethink what that actually means! Are you guys ready?

PLAY TEACHING VIDEO: 16 MINS

To watch “**Session 6: Stepping Out in Faith**” scan the QR Code below:



TABLE TIME: 20 MINS

I told you he saved the best for last! Let's break this teaching down together! Before we jump into our questions, does anyone have any takeaways they want to share with the group?

1. Looking back over your life, how has God increased your faith along the way?
2. In Matthew 14:28-30, Peter stepped out of his boat in the middle of a storm with both faith and doubt in his heart. Where do you feel God calling you to step out in faith? What doubts keep you “stuck in the boat”?
3. 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?
4. What has been your biggest takeaway from this study? What has God revealed to you?

WRAP-UP AND PRAYER: 3 MINS

Well, just because our sessions are coming to a close doesn't mean our growth has to stop. In fact, I believe God is only getting started for many in this room. I'm praying that we step out in faith in the weeks to come, even when doubt threatens to keep us “stuck in the boat.” I'm believing when doubt knocks on our door, we will respond with declarations of faith because of the lessons we've learned here.

Even though our group time is over, you still have one more week of homework. Honestly, I wish we could come back next week if only to discuss the “Work Out The Doubt” section, because it's *that* good. It will fuel your faith, so please don't skip it. Do it, and then call a friend from this class and discuss it with them.

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!

Scanning the QR code on the screen will lead you to the link to 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.

Who wants to read the last guided prayer for us on page 51?

"Father, thank You for calling us to come to You. Help us to live a life of faith and trust even as we have our doubts. Help us to obey You and do whatever it is You are calling us to do. We don't want to miss out on a single miracle that You have for us, or the opportunity to be used by You to help others. In Jesus' name, amen!"