

DON'T LET
DOUBT
TAKE YOU
OUT

SMALL GROUP STUDY





DON'T ~~LE~~ **DOUBT** | TAKE **YOU** **OUT**
VIDEO CONTENT

Watch the *Don't Let Doubt Take You Out* videos on your favorite devices.

To access videos and other resources, scan the QR Code Below.



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A NOTE FROM TODD MULLINS

Doubt is something we all wrestle with at different points in our lives. It often shows up early, like on the first day of school, when you're standing on the playground or looking for a seat in the lunchroom. For many of us, it sticks with us through middle school and high school, whispering lies about our insecurities, making us compare our failures to everyone else's successes.

Even as adults, doubt doesn't let up. It sneaks in during critical moments, trying to convince us we're not good enough, that we don't have what it takes. It aims to hold us back from stepping out into the opportunities God has for us. And here's the thing: doubt becomes even more dangerous when it creeps into our spiritual lives. It tries to disconnect us from our Creator—the One who holds our lives together. Without that connection, we end up feeling lost, uncertain, and without the peace we were designed to walk in.

I get it because I've been there. I've battled with doubt in my own life—in my confidence, in relationships, and even in my faith. I've had moments where I've questioned God (yes, even pastors experience that). But what I've learned is that God doesn't want us to live held back by doubt and fear. He wants us to step into the fullness of His promises and the boldness of His truth.

That's why I'm so excited to walk with you through this study. Together, we'll unpack the secrets to overcoming fear and anxiety, and we'll discover how to live a life rooted in faith and confidence in God. My prayer is that you'll come out of this journey stronger, freer, and ready to step boldly into the big life God has waiting for you.

As we begin this study, please know that I'm praying for you. I'm believing God for breakthroughs in your life.

Don't let doubt take you out!



HOW TO USE THIS STUDY

Here's how you can
get the most out
of this six-session
group study:



Each session of this *Don't Let Doubt Take You Out* small group study includes an Introduction, Video Teaching, Group Discussion, and a Closing Prayer. There is also a Personal Study section to be completed at home between sessions. As a group, you will watch the video and then use the video notes and discussion questions to engage in conversation. The goal is to develop genuine relationships and to grow in your faith together.

This study is designed to be experienced in a small group. If you don't have one already, you may want to appoint a person to serve as a facilitator. This person will be responsible for starting the video and keeping track of time during discussions. Facilitators should be prepared to read the discussion questions aloud and to facilitate discussions, encouraging everyone in the group to engage and ensuring that everyone has the opportunity to participate.

This study works alongside the book *Don't Let Doubt Take You Out*. You can enjoy the study without it, but pairing them together will help you go even deeper.

WORK OUT THE DOUBT

PERSONAL STUDY

Between group meetings, maximize the impact of this study by working through the personal study section labeled "Work Out The Doubt." You can go through this section in whatever way works best for your schedule. Allowing time across multiple days provides the greatest opportunity for reflecting on God's Word as well as letting the teaching take root. This section is not intended to be burdensome or time-consuming but to help you apply the teaching to your everyday, personal life.

Each week's study includes four parts:

- **READ:** Spend time in Scripture and ask God to speak to your heart.
- **RELATE:** Consider how the passage applies to your life.
- **REFLECT:** Answer questions that challenge your thinking and deepen your faith.
- **RESPOND:** Take steps of faith—write down prayers, commitments, or actions to apply what you're learning.

| 1 |

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?

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

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→ 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

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SESSION TWO:

THE HARDEST VOICE TO SILENCE

Sometimes the hardest voice to silence is the one inside our own heads. And words of doubt and insecurity have a way of sticking with us. The negative words others have spoken over us can feel impossible to forget. In this session, we'll begin to understand how those words opened the door for doubt to come in. This isn't easy, but we must do it because we'll never move past our past until we face it head-on.

You might not be able to forget what's been said to you and about you, but you can take the pen out of the hand of self-doubt and place it in the hand of God. Your story doesn't have to end in pain or failure. When you let God author your story, He will begin to write a new narrative filled with confidence, purpose, and strength.



"One thing I do: forgetting what is behind and straining toward what is ahead, I press on toward the goal to win the prize for which God has called me heavenward in Christ Jesus."

Philippians 3:13–14



GROUP DISCUSSION

Leader, read these questions aloud.

1. Because of his background and his 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?



CLOSING PRAYER

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

"God, we thank You that your power is made perfect in our weakness. Help us to step outside of our comfort zone 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. In Jesus' name, amen."

WORK OUT THE DOUBT

PERSONAL STUDY

→ READ

In the Book of Judges, God called Gideon to deliver Israel from the Midianites. Despite the fact that God called him a “mighty warrior,” Gideon was still filled with doubt.

Read Judges 6-7. Take note of the doubts Gideon expressed.

→ RELATE

How can you relate to Gideon’s story of doubt?

In Judges 6:15, Gideon lists reasons why he doubts himself, yet God looked beyond these things and called him a “mighty warrior.” What are some perceived weaknesses in your life or your past (Examples: your background, your family, lack of education, past mistakes) that prevent you from seeing yourself the way God sees you?

In 2 Corinthians 12:9, God says to the Apostle Paul, *“My grace is sufficient for you, for my power is made perfect in weakness.”* How might God want to turn your perceived weaknesses into an opportunity to display His strength?

→ REFLECT

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 you are doubting yourself?

What did God tell Gideon in Judges 6:16?

What seemed impossible to Gideon was easy in the sight of the Lord. What are you currently facing that feels impossible?

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God showed up for Gideon and gave him victory in his battle. However, the victory came after the Lord reduced Gideon's army down to only 300 men. God wanted to demonstrate to Israel that victory doesn't hinge on strength or numbers but on obedience and commitment to Him. How does this encourage or inspire you to step out of your comfort zone?

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What moments do you find yourself most vulnerable to self-doubt and lies?

Check all that apply or write your own:

- While I'm on social media
- While I'm in meetings at work
- When someone else succeeds
- When I look in the mirror
- When I take a test

- When I'm criticized
- When I'm complimented
- When I'm at social functions
- When there is conflict
- When I meet someone new
- When I try something new
- When I'm under pressure
- Other: _____

Now that you've identified *when* those thoughts are most likely to attack, let's identify *what* those thoughts are.

Check all that apply or write your own:

- I'm a failure
- I'm worthless
- I'm not smart enough

- I'm not enough
- I'm unlovable
- I'm insignificant
- I'm ugly
- I'm broken
- I'm not good at _____
(Examples: finances, relationships, prayer)
- Other: _____

→ RESPOND

Now that you've identified when you're most vulnerable to lies and what the lie is, it's time to create a new battle strategy so you can form your thoughts by design, not by default. You don't have to be held hostage by the words of the enemy or others because the truest thing about you is what God says about you.

Take time to identify the truth from God's Word about the lie you're facing. If you need help with this exercise, scan the QR code to access the resource "Replacing Lies with Truth."



Once you've identified the truth, the next step is writing a battle strategy. Here's an example.

When I'm in meetings at work, I may encounter the lie that I'm not smart enough.

But I will replace it with the truth that I have the mind of Christ (1 Corinthians 2:16).

Write your new battle strategy below:

When I'm _____, I may encounter the lie that _____.

But I will replace it with the truth that _____.

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SESSION THREE:

WAITING ON A MIRACLE

Waiting is hard. Whether it's waiting on a prayer to be answered, a breakthrough to come, or a miracle to happen, we all go through seasons where we pray and God's answers seem delayed. We find ourselves in the waiting room of life, and it's in these trying times that many of us move beyond doubting ourselves to doubting God. Waiting often leads to wondering... *Does God see? Does He care? Do miracles still happen?*

The good news is that God can handle our hard questions. He doesn't shy away from our doubts. In fact, He uses them to grow our faith and deepen our relationship with Him.

In this session, we will learn how to lean into those seasons of waiting and unanswered prayers. It's not easy, but when we process our doubts in a healthy way, they can become stepping stones to greater intimacy with God.



"So we do not focus on what is seen, but on what is unseen. For what is seen is temporary, but what is unseen is eternal."

2 Corinthians 4:18



GROUP DISCUSSION

Leader, read these questions aloud.

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?



CLOSING PRAYER

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

“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.”

WORK OUT THE DOUBT

PERSONAL STUDY

→ READ

In the Gospel of John, we read about “Doubting Thomas,” one of Jesus’ disciples who became famous for doubting the resurrection of Jesus.

Read John 20:24-31. Take note of Thomas’ doubts.

→ RELATE

How can you relate to Thomas’ doubts?

Thomas said, “Unless I see the nail marks in His hands... I will not believe” (John 20:25). What are you waiting to “see” before you fully trust God?

What did Jesus say in John 20:29, and how does that encourage you?

 **REFLECT**

Sometimes, in our doubt, we push God away. But Thomas *reached out for Jesus*. When was the last time you pushed God away?

When Thomas reached out for Jesus, Jesus met him with open arms, love, and peace. Thomas' interaction with Jesus tells us it's okay to question God. He can handle our hard questions and our doubts. And Thomas wasn't the only person in the Bible to have doubts.

What did David ask in Psalm 13:1?

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When God doesn't show up when we think He should—when we're met with a delay instead of an answer to our prayers—doubt creeps in. What areas of your life or answers from God feel delayed?

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Now, read Psalm 13:5-6. What did David determine to do while he was waiting for God to deliver him?

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David didn't just reach for Jesus—he worshiped Him while He waited for his miracle. Write your own declaration of faith below, using Psalm 13:5-6 as a guide:

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When God's answers seem delayed, and you're left waiting, remember—God is working while you wait.

How could you leverage the delay you're experiencing for your development?

Check all that apply.

- Learning a new hobby
- Growing in your education (*going back to school, attending a workshop, etc.*)

- Building friendships
- Implementing spiritual disciplines like prayer, Bible study, or fasting
- Going to counseling
- Setting a new goal
- Other: _____

What does Matthew 18:20 promise, and under what conditions?

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Now, read Hebrews 10:23-25 and write it in your own words:

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When doubt is taking you out, hang out with people of faith. Who are those people for you? What about their faith inspires you?

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How can you be intentional about surrounding yourself with those people you listed?

- Call them
- Go out for coffee

- Invite them over to hang out and catch up
- Plan a monthly dinner
- Set up a weekly FaceTime call
- Other: _____

Don't just check a box—take a step toward biblical community this week!

→ RESPOND

Here's a good strategy for bringing your doubts to Jesus:

| **1** |

Take your doubts and turn them into questions.

| **2** |

Take your questions and turn them into prayers.

| **3** |

Take your prayers and let them turn you to God.

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SESSION FOUR:

DEALING WITH DETOURS

Let's talk about detours—the unexpected turns in life that lead us down roads we never planned to travel. It's one thing when God's answers seem delayed, but it's another thing when life takes a sharp turn, and suddenly, we're in a place we never imagined. Detours often cause us to question God—and even blame Him for our pain. If you've ever struggled to reconcile the goodness of God with the reality of your situation, you're not alone.

But here's the truth: the presence of a problem does not mean the absence of our God.

The detours in our lives can be painful, but they also hold the potential to strengthen our faith in ways we never thought possible. In this session, we're going to look at how the detours we would never choose can often lead us to the faith we've always wanted.



*"My ears had
heard of you, but
now my eyes
have seen you."*

Job 42:5



GROUP DISCUSSION

Leader, read these questions aloud.

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, 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?



CLOSING PRAYER

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

"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."

WORK OUT THE DOUBT

PERSONAL STUDY

→ READ

The poster child for bad things happening to good people was a guy named Job. Job suffered unimaginable losses because of a conversation that happened in Heaven that he never got to hear. God didn't *cause* Job's pain, but He did *trust* Job with pain.

Read Job 1-2 and Job 42. Notice God's faithfulness to Job (and Job's faithfulness to God).

→ RELATE

Has there ever been a season of your life where you could relate to Job? A season where you suffered and didn't know why or where God was? How did you respond?

How does Job's life inspire you to view the painful places in your life differently?

→ REFLECT

If you ever felt like God was silent, you're in good company. Even David—the man after God's own heart—walked through seasons where he felt like God was silent. In Psalm 35:22, David began to doubt God. What did he worry that God's silence meant?

Like David, we often associate God's silence with distance or indifference. Have you ever felt like God was distant or that He didn't care because you couldn't hear from Him or see Him working? Spend some time writing about it.

While silence can make us *feel* far from God, not every feeling is a fact! Just because we *feel* alone doesn't mean we *are* alone. What contrasting statement does David make about God's presence in Psalm 23:4?

Just because you're walking through darkness doesn't mean God has left you. He is Immanuel, which means "God with us." What else does God's Word say in Psalm 34:18?

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What's something you can do in this season to spiritually prepare yourself for the detours you don't see coming?

Check all that apply or write your own:

- Get in a small group so you have the right community
- Memorize Scripture so God's Word is hidden in your heart
- Develop the habit of prayer so you're in tune with the Spirit
- Other: _____

If God feels distant and hard to hear, sometimes we just need help turning down the noise so we can hear His whisper. What would it look like for you to silence the noise this week so you can hear God better?

Check all that apply or write your own:

- Start the morning with prayer and a Bible study
- Trade in Netflix before bed with some quiet time
- Replace scrolling through social media with time spent on the Bible app
- Listen to worship music or a sermon on your daily commute
- Other: _____

→ RESPOND

Through Job and David's trials, they still declared their hope was in God. A declaration can help interrupt doubt and build faith in who you are in Christ and who God is. Jesus said we will know the truth, and the truth will set us free, but we can't expect to read truth once and receive instant transformation. We need to repeat it until we believe it.

Here's a step-by-step process for creating your own declarations:

STEP

1

Identify the Need

Dig deep and identify any lies you might be believing or thoughts that aren't lining up with God's truth. What do you need to be reminded of? Examples:

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| <input type="checkbox"/> God's Presence (Joshua 1:9) | <input type="checkbox"/> God's Provision (Philippians 4:19) |
| <input type="checkbox"/> God's Peace (Philippians 4:7) | <input type="checkbox"/> God's Protection (Psalms 27:1) |
| <input type="checkbox"/> God's Strength (Isaiah 40:31) | <input type="checkbox"/> God's Guidance (Proverbs 3:5-6) |

STEP

2

Search God's Word

Once you've identified the needs, search for Bible verses that speak about that topic. For example, if you need peace, search the Scriptures for verses about anxiety, peace, or God's comfort. Or simply google "Bible verses on [your topic]."

STEP

3

Personalize the Scripture

Take the Scripture(s) and personalize it. For example, Philippians 4:19 says, "But my God shall supply all your needs according to his riches." If you are struggling with doubt in your finances, you would personalize it by changing it to: "God supplies my every need."

Now that you've identified what God's Word says about your need, take a few minutes to write your own declaration. Keep your declaration simple and concise so you can easily recall it when you need it most.

Here's an example:

My Need: Confidence

God's Truth: "For God has not given us a spirit of fear, but of power and of love and of a sound mind." 2 Timothy 1:7

Declaration: I am equipped by God with power, love, and a sound mind.

Now, write your declaration below. Also, consider writing it on a sticky note and placing it somewhere you'll see it often.

My Need: _____

God's Truth: _____

Declaration: _____

For a more in-depth list of God's promises in Scripture and Todd and Julie Mullins' declarations, scan the QR Code.



→ PRAYER

Read Psalm 34:1-8 out loud as a prayer. Then in the space below, write a prayer of gratitude, thanking God for the truth of His Word and the reality of His presence.

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SUGGESTED READING

Don't Let Doubt Take You Out by Todd Mullins Chapters 9-11

**“DON'T FORGET IN THE DARK WHAT
GOD SHOWED YOU IN THE LIGHT.”**

Todd Mullins, Don't Let Doubt Take You Out

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SESSION FIVE:

RELATIONSHIPS REQUIRED

Relationships can get complicated. At some point, we've all been hurt by someone we trusted. Whether it was a friend, a loved one, or someone we looked up to, those wounds cut deep. And when trust is broken or we've been betrayed, it's easy to start doubting other people altogether.

We put up walls to protect ourselves from being hurt again. But here's the problem with walls: they don't just keep the bad stuff out—they also keep out the good stuff. Pushing others away might feel like the safe choice, but it's not the life God has for us. You and I weren't created to live disconnected. We were made for community. Relationships are required.

In this session, we will explore what it means to build trust, extend forgiveness, and cultivate healthy relationships, even when doubt tries to take over.



"Blessed are the peacemakers, for they will be called children of God."

Matthew 5:9



GROUP DISCUSSION

Leader, read these questions aloud.

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?



CLOSING PRAYER

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

“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.”

WORK OUT THE DOUBT

PERSONAL STUDY

→ READ

Joseph's life was filled with messy relationships, but his story was marked by radical grace and forgiveness. As Joseph's story unfolds, we don't see him get bitter—we only see him get better!

Read Genesis 37–46. Note how Joseph responded to his brothers' betrayal.

→ RELATE

How can you relate to Joseph's experience with betrayal?

How do you typically respond when a friend or loved one hurts you?

→ REFLECT

When Joseph's brothers sold him into slavery, they separated him from everyone he loved. He was later unjustly accused and thrown into prison. Read Genesis 39:2 and Genesis 39:21. What do these passages reveal about God's presence and character?

According to these two passages, what can we believe God for when we feel alone, wrongly accused, or misunderstood?

Read Genesis 41:52. What does Ephraim mean?

Joseph didn't focus on the pain and frustrations he faced at the hands of others. Instead, he trusted that God would bring fruit (something good) out of the situation. What relationship is causing you frustration right now, and how might God be using it to develop fruit in your life?

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Joseph didn't fake peace with his brothers—he made peace. What does Matthew 5:9 say about peacemakers?

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What do you think the difference is between being a “peace-faker” and a peacemaker?

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Which relationship in your life do you feel the Holy Spirit calling you to be a peacemaker in? What's kept you from making peace and how does Joseph's story challenge you to take a step toward forgiveness and reconciliation?

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→ RESPOND

If you've got a broken relationship, consider writing a note of forgiveness or an apology. You may or may not decide to give the note to the other individual, but writing it out will help you reflect on the power of grace that you need or that you need to extend to someone else.

IF YOU'RE APOLOGIZING:

- 1** | **Admit you were wrong.** Be specific. Own up to it. No “ifs” or “buts” allowed. Own 100 percent of your part.
- 2** | **Accept the consequences.** Even if the other person forgives you, there may be consequences to your actions. Don't try to avoid taking responsibility. Accept the consequences.
- 3** | **Alter your behavior.** Don't say you're sorry, and then continue doing what you did. Let your actions prove that you're truly sorry.
- 4** | **Allow time.** Sometimes, the offense goes so deep that it takes time to heal. Allow the time. Don't expect everything to go back to the way it was after one apology. Allow time to build back trust.

IF YOU'RE EXTENDING FORGIVENESS:

- 1** | **Forgiveness is not a feeling; it's a choice.** If you wait until you feel like it—you won't. Forgiveness is an act of the will. You get to choose to love the other person, to forgive the way Jesus forgave you, and to release yourself from carrying the weight.
- 2** | **Forgiveness is not forgetting.** The scar of what the other person said or did may never leave your memory. Forgiveness is a one-time acknowledgment; healing is a process.
- 3** | **Forgiveness is not the same as trust.** Forgiveness can be given instantly, while trust takes time. Just because you forgive someone for what they did doesn't mean you can immediately trust them. Transparency, consistency, and time will build back trust in the relationship.

Read the following verses out loud and circle every word that challenges or inspires you.

“Above all things have intense and unfailing love for one another, for love covers a multitude of sins [forgives and disregards the offenses of others].” 1 Peter 4:8 (AMP)

“Love does not delight in evil but rejoices with the truth. It always protects, always trusts, always hopes, always perseveres. Love never fails.” 1 Corinthians 13:6-8

“Be kind and compassionate to one another and forgive each other, just as in Christ God forgave you.”
Ephesians 4:32

“Bear with each other and forgive one another if any of you has a grievance against someone. Forgive as the Lord forgave you.” **Colossians 3:13**

“As far as it depends on you, live at peace with everyone.” **Romans 12:18**

“And we know that in all things God works for the good of those who love him and have been called according to his purpose.” **Romans 8:28**

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SESSION SIX:

STEPPING OUT IN FAITH

Over the last five sessions, you've been given tools to help you minimize doubt's influence in your life. But let's be real—while we can minimize the role doubt plays in our lives, we can never totally eliminate it. Steps of faith are often filled with traces of doubt.

Most of us would prefer God remove our doubts before we move in faith. But often, God calls us to step out in doubt, and He increases our faith along the way. This is a truth we see time and time again throughout Scripture. If you want to see God do some things you've never seen before, then you're going to have to do some things you've never done before. That's how miracles get put in motion!

Whatever step you take, trust that God is with you. He's not waiting for you to have it all figured out—He's just wanting you to take a step of faith. And when you do, you'll see Him move in ways you've never imagined!



“For I assure you: If you have faith the size of a mustard seed, you will tell this mountain, ‘Move from here to there,’ and it will move. Nothing will be impossible for you.”

Matthew 17:20

“Now faith is the reality of what is hoped for, the proof of what is not seen.”

Hebrews 11:1



GROUP DISCUSSION

Leader, read these questions aloud.

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?



CLOSING PRAYER

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

“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!”

WORK OUT THE DOUBT

PERSONAL STUDY

→ READ

In this well-known story, we read about Peter, one of Jesus’ disciples, walking on water. Peter stepped out of his comfort zone with both doubt and faith in his heart. And when Peter’s fears grew louder than his faith, Jesus was there—close enough to catch him when he fell.

Read Matthew 14:22-33. Pay attention to what led to Peter’s faith and doubt.

→ RELATE

How can you relate to Peter in this story? Or do you relate more to the disciples in the boat? If so, why?

Do you think the other disciples regretted not walking on water that night? Why or why not?

→ REFLECT

In Matthew 14:28, Peter said, “Lord, IF it’s you, command me to come to you on the water.” What would you do *IF* you believed the Lord was in it and calling you to it?

When Peter saw the strength of the wind, he was afraid and began to sink (Matthew 14:30). What are you seeing (or believing) that’s causing you to sink or not step out right now?

Read the following Scriptures to see how people moved forward in faith, even when they had lingering doubts.

1 Samuel 14:1-14. (Jonathan and his armor-bearer)

What did Jonathan say in verse 6 that makes you think he had *both* doubt and faith?

What do you think some of Jonathan’s doubts would have been that day?

Daniel 3:16-18. (Shadrach, Meshach and Abednego)

In Daniel 3, King Nebuchadnezzar commanded that everyone in his kingdom bow to a golden statue. However, these three young men refused to bow in worship to a false god. Instead, they took a step out in doubt. What did they say to the king that makes you believe they lacked certainty in their situation?

They believed God *could* rescue them, but they weren’t sure that He *would*. They had faith in God’s power, but they didn’t have clarity regarding His plan to save them.

Next, read **Mark 9:14-26**. Why do you think the father said, “*IF* you can do anything...” in verse 22?

What else did the father ask Jesus in verse 24?

“Help my unbelief” might be one of the most powerful prayers we can pray!

Finally, read **Mark 2:1-12**. How does this story inspire you?

The man on the mat couldn't get to Jesus on his own. Thankfully, he had friends to carry him. And when his friends were met with opposition, they didn't go home in defeat because they didn't let their doubts stop them. And as a result, they saw Jesus do a miracle!

Can you think of anyone in your life who is like the man on the mat? What miracle do they need Jesus to do?

→ RESPOND

If we're going to see some things we've never seen before, we have to do some things we've never done before. What do you feel God calling you to do next?

What **IF** you obeyed? One way to make sure doubt doesn't determine the direction of your life is to imagine all the ways God could come through for you. Instead of worrying about what could go wrong, imagine what could go right. And remember, we serve a God who loves to do more than we could ask or imagine (Ephesians 3:20).

With that in mind, what **WILL** you do next? Make the decision to obey God today!

LEADER'S GUIDE

Thank you for your willingness to lead others through this *Don't Let Doubt Take You Out* small group study. This leader's guide will give you some tips on how to prepare for your time together and facilitate a meaningful experience for your group members.

WHAT DOES IT TAKE TO LEAD THIS STUDY?

Get together and watch God show up. You don't have to be a pastor, theologian, or counselor to lead a group through this study. Just invite people over, watch the video, and talk about it. All you need is a willing heart, a little courage, and God will do the rest.

HOW THIS STUDY WORKS

There are two important pieces to this *Don't Let Doubt Take You Out* small group study: (1) the six-session video teaching and (2) this study guide. Make sure everyone in your group has a copy of the study guide. The great part is that each study guide includes access to stream the video teachings. Reading the book *Don't Let Doubt Take You Out* will equip you with even more information surrounding the weekly topics, allowing you to lead with more confidence.

A FEW TIPS FOR LEADING A GROUP

Where you host your group matters! Whether your group meets in person or online, you are creating an atmosphere for people to learn and grow. When leading your group, make sure that your equipment to watch the video is working and cued up to the video in advance. If you are meeting in person, the environment should feel warm, safe, fun, and inspirational. Remove any clutter that could be a distraction and ensure the meeting space is clean. If possible, arrange for refreshments in advance. Lastly, set your phone to silent or "do not disturb" to minimize other possible distractions.

As you lead, be honest. Remember that your honesty will set the tone for your time together. Be willing to answer questions personally, as this will set the pace for the length of your group members' responses and will make others more comfortable in sharing.

Stick to the schedule. Strive to begin and end at the same time each week. The people in your group are busy, and if they can trust you to be a good steward of their time, they will be more willing to come back each week. Of course, you want to be open to the work God is doing in your group members as they are challenged to reconsider some of their preconceived ideas about doubt.

Don't be afraid of silence or emotion. Embrace the space as people work out their doubt. Anticipate that the material presented during this study will likely challenge group members to review some personal emotions or experiences.

Don't dominate the conversation. Even though you are the leader, you are also a member of this small group. So don't overpower others in an attempt to lead, and don't let anyone else in the group do so either.

Prepare for your meeting. Watch the video for the meeting ahead of time. Review all discussion questions so you are fully prepared for where the conversation may go. Invite the Holy Spirit to guide you in the discussion time. The most important thing you can do is simply pray ahead of time each week.

Make sure your group members are prepared. Ensure each participant has access to a study guide. Send out a reminder email or text a couple of days before the meeting so people don't forget when and where you are meeting.

AS YOU GATHER

Here is how we would recommend you lead a group through this study each week:

Connect (15-20 minutes): In Session One, spend this time getting to know each other. Then, in the remaining sessions, use this time to discuss what group members learned during the previous week's "Work Out the Doubt" personal study section. Give people time to share their answers and takeaways from the "Relate" and "Reflect" sections.

Video Teaching (15-20 minutes): Because group members are not required to read the book *Don't Let Doubt Take You Out*, the weekly video teaching will serve as a catalyst for conversation in your small group. The videos can be accessed via the QR code in the front of this study. You can watch the teaching together as a group, or you can choose to have members watch the video individually before showing up to that week's session. Whatever you decide, just be sure to clearly communicate it to all members and then be consistent as you work your way through the study.

Group Discussion (20 minutes): Use the discussion questions in this study to process key takeaways from the video teaching. Before diving into the suggested questions, you can always begin by asking, "What notes did you take or what stuck out to you from the video teaching?"

Final Instructions and Closing Prayer (5 minutes): Remind participants to complete the "Work Out the Doubt" personal study section of this study individually throughout the week so they can return to the next session ready to share what God showed them. Spend time praying specifically for the doubts people are processing before wrapping up your time together. One of your responsibilities as a leader will be to start the conversation each week with the people you're taking through this study. Use the following questions to get participants talking each week before you jump into the video teaching and discussion questions located in the workbook!

CONNECT QUESTIONS

Here are some questions you could use to get members talking during the Connect time at the beginning of each session:

- 1 | Session One: The Danger of Doubt**

 - In two minutes or less, share your name and a little bit about yourself.
 - 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, whether *Die Hard* is a Christmas movie, or something bigger—what would it be?
 - What made you decide to join this study?
- 2 | Session Two: The Hardest Voice to Silence**

 - What's something God revealed to you through the "Work Out the Doubt" personal study time?
 - When was the first time you recall struggling with doubt?
 - In the "Reflect" section, where did you determine you are right now and where do you want to be?
- 3 | Session Three: Waiting On a Miracle**

 - What's something God revealed to you through the "Work Out the Doubt" personal study time?
 - What's something you felt called to step out of your comfort zone and do after working through the "Reflect" section?
 - If you feel comfortable, share the battle strategy you wrote in the "Respond" section.
- 4 | Session Four: Dealing With Detours**

 - What's something God revealed to you through the "Work Out the Doubt" personal study time?
 - If you feel comfortable, share the declaration of faith you wrote in the "Reflect" section, using Psalms 13:5-6 as a guide.
 - How did you decide to leverage the delay you're experiencing or the season you're currently in?
- 5 | Session Five: Relationships Required**

 - What's something God revealed to you through the "Work Out the Doubt" personal study time?
 - How did reading the story of Job inspire you to view the painful places in your life differently?
 - The "Reflect" section had us read about a time when David felt as though God was silent. What did you learn from that exercise and how did it change your view of seasons where God seems quiet?
- 6 | Session Six: Stepping Out in Faith**

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

INSIGHT FOR DISCUSSION

You set the tone for the group. Your honesty and vulnerability during discussion times will set an example for how they can share. How long you talk will give them an example of how long they should. So give some thought to what stories or insights from your own work in the study guide you want to highlight.

WARNING: The greatest temptation for most small-group leaders is to add to the video teaching with a little “teaching session” of their own. This is unhelpful for two reasons:

- 1** | The discussion time will be the richest time during your meeting. The video sessions are the teaching. If you add to the teaching, you sacrifice precious time for discussion and can distract from the intended teaching.
- 2** | You don't want your group members teaching, lecturing, or correcting one another. Every person is at a different place in his or her spiritual journey, and that's good. The best way to encourage productive discussion after a teaching is to begin the conversation straight away with whichever question in this guide you selected to begin with.

AS YOU CLOSE

Some of the best learning times will take place after the group meeting as God brings new insights during the week. Encourage group members to write down any questions they have as they do the Bible study work in between group meetings. Make sure they know you are available for them. End your meeting time with either the prompted prayer or have a volunteer pray over your group, and respect this as the official close of your meeting time. This helps establish a set ending and indicates to everyone they are good to go!

Thank you again for taking the time to lead your group. May God reward your efforts and dedication and make your time together a true experience of walking in faith, even through doubt!



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