

## **Doubt: Leading Someone Through Doubt**

Doubt is a feeling common to man. Everyone experiences some type of doubt in their faith journey. The word means “A feeling of uncertainty or lack of conviction; or to question” Some synonyms for doubt are “unsureness, hesitation, or mistrust.”

Doubt is one of the most popular tools of the enemy, using it first against Adam and Eve in Genesis 3. Many great men and women of faith in the Bible had their moments of doubt. But is all doubt bad? Is it wrong? These questions really have no easy answer because the answer lies within a person’s heart. Do we question because we simply don’t understand, or because we doubt God’s goodness and His ability to respond to a particular situation, usually they way we would have liked Him to? Are we struggling to reconcile God’s goodness with the pain in this world, or are we blaming Him for it?

Doubt seems to come in varying degrees and is usually a very uncomfortable place to dwell. One man said, “Your faith can move mountains and your doubt can create them.” There is intellectual doubt that demands to see more evidence, there’s emotional doubt that often stems from pain we’ve experienced, and there’s personal doubt when we feel incapable of doing what God has called us to do. If doubting leads to inquiry, causing us to press into God and His Word, it can cultivate a stronger and deeper faith. Doubt that’s left unattended often leads to discouragement and defeat, and in some cases, can lead to a crisis of faith. How we deal with doubt is important. It can enhance one’s faith or destroy it.

As leaders, how do we help lead someone through their doubt to a place of confidence in God and His Word? How do we lead others when WE are the ones experiencing doubt? Although we all may experience doubt at times, we can’t “live” there. We first must recognize and own it, realizing that there is no shame in being honest and transparent. There are tools to help us work through our doubt and overcome the temptation to wallow in it.

In this podcast, we will be discussing some common “doubts” we all experience and some tools we can share with others to help them come to a better understanding of God’s goodness and sovereignty. This will hopefully help them become more confident, not in their faith, but in the object of their faith, God Himself, who continues to pour out His blessings despite our doubt.

My heart resonates with the father in Mark 9:24 who cried out, “Lord, I believe; help my unbelief!” Admitting our doubt doesn’t mean we have a weak faith, it reveals our dependency on Christ and reminds us of our desperate need for a Savior.