

# GETTING THROUGH THE TOUGH STUFF: IT'S ALWAYS SOMETHING!

## GETTING THROUGH THE TOUGH STUFF OF DOUBT

JOHN 20:24-29



### The Heart of the Matter

Secret doubts linger in virtually every person's life. They emerge in times of stress, when pain pushes uncertainty to the surface and when despair crowds our confidence and faith. On such occasions, we may blurt out skeptical comments or even act out faithless and irresponsible behavior. These very human lapses should not be viewed as journeys into the back roads of carnality, but as sometimes necessary steps in the faith walk. The good news is that our Lord gives us room to question, wrestle, and struggle as we grow toward maturity.



### Discovering the Way

#### 1. When Doubts Emerge: "I Do Not Understand"

Perhaps you find yourself numbered among those to whom faith comes with difficulty. Or perhaps doubts rarely cause you trouble. Either way, the fact is, when life's challenges come, doubts often arise.

#### 2. Why Thomas Struggled: "I Will Not Believe" (John 20:24-29)

Thomas—one of Christ's original twelve disciples—voiced his struggle with belief throughout Christ's ministry. So when he learned that Christ had been raised, Thomas responded with a challenge.



### Starting Your Journey

When we come to places in our lives where doubts sprout up, we can encourage spiritual growth by taking risks rather than playing it safe; by releasing our valuables rather than finding security in them; by probing uncertainty rather than blindly accepting the "orthodoxy"; and by admitting our humanity rather than denying its weakness.



### Tools for Digging Deeper



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