

# Here For It

## Doubt Is Part of the Faith Journey

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Our expectations affect our perception. That's why it's so important that we learn to expect and accept that doubts are a normal, necessary part of our journey of faith.

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### MESSAGE NOTES AND HIGHLIGHTS

- So many things in life can be made more difficult because of our expectations.
  - Your expectations affect your perception.
  - Myth: The journey of faith is linear.
  - Our faith doesn't always grow in a simple, straight line up and to the right.
  - Doubt and disillusionment are to be expected. They're part of the journey.
  - When they saw him, they worshiped him; but some doubted. | Matthew 28, v.17
  - Almost every major person of faith in scripture dealt with doubt. They did not experience faith as a simple, straight line of growth.
  - "Where is my faith? Even deep down, right in, there is nothing but emptiness and darkness." | Mother Teresa
  - "The reason many of us do not ardently believe in the gospel is that we have never given it a rigorous testing, thrown our hard questions at it, faced it with our most prickly doubts." | Eugene Peterson
  - "Do you love your faith so little that you have never battled a single fear lest your faith should not be true? Where there are no doubts, no questions, no perplexities, there can be no growth." | George MacDonald
  - When you have doubts and questions, you're not alone. You're in great company.
  - When you experience any crisis, including a crisis of faith—panic is bad; steady is good.
  - Two questions that can help keep you steady in times of crisis—What story do I want to tell? What's the wise thing to do?
  - Find an anchor.
  - When everything around you feels upside-down, start with what you do know, and hold on to what leads you toward faith, hope, and love.
  - During doubt, some examples of an anchor can be Jesus himself (who he is, what he says and does and demonstrates in scripture), anchor verses, and people who point you toward hope.
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### DISCUSSION QUESTIONS

1. Can you think of any examples of how incorrect or unrealistic expectations have led you into disappointment, frustration, or confusion?
2. Our faith journey often isn't always a simple, straight line of growth. When has it felt like you went down or backwards (or upside-down) in your faith before you could grow?
3. What kinds of situations or circumstances most often cause you to deal with doubt or to struggle with your faith?
4. What do you think could help you to "stay steady" during a crisis of faith—what practices, what verses, what people, what anchors help continue to point you toward faith, hope, and love?