

Teen Topics

Dealing with Doubt (Part 1)

At moments we can feel strong in our faith and confident in our beliefs. Yet, at other moments, we can find ourselves questioning or second guessing everything we believe. Sometimes it only takes a comment by a teacher or a conversation with a classmate, and doubt creeps in. Let's take a look at doubt and see how to handle it.

Understanding Doubt

What is doubt? To answer this, first understand that there are two different kinds of doubt. Look up the verses below and then describe what kind of doubt you see described:

- > [John 12:37](#) - Unwillingness to believe even in face of overwhelming evidence. A hard hearted refusal to believe.
- > [Mark 9:23-24](#) - "Shaky" faith, wanting to believe but having trouble with doubts or unanswered question we may have.
- > Describe the differences you see between the two: The first hardens us to the things of God and is a long-term rejection. The second causes us to search more deeply and is often temporary.

What to Do with Doubt

At times, trusting what God tells us is not always easy. The big question is what we will do with our doubt. Will we allow doubt to turn us away from God, or allow it to cause us to search out the things of God more deeply? Notice how doubt was handled in the following passages.

- > How did Abraham respond to God in [Genesis 17:15-23](#)? He laughed at what God said. Then after thinking it through, he listened to God and did what God asked of him.
- > What did John the Baptist do when he had some doubt ([Matt. 11:2-3](#))? When he had questions, he sent people to talk to Jesus. He searched for answers to the questions he had.

Notice that even these godly people had doubts. Having questions does not make a person bad. If we will take our questions to the Lord, He will give us the answers we look for!