

Teen Topics

Dealing with Doubt (Part 3)

As we conclude our study, let us look at how we can overcome any doubts we may have, and help those around us who may be struggling with doubt as well.

Tackling Our Own Doubts

First, remember what we have already discussed:

- > God knows your questions, so be honest about them.
- > Having questions does not make you a bad person.
- > God is patient with you and wants to help.

With these in mind, here are some other suggestions:

- > Go to God in prayer and study His Word ([James 1:5](#); [John 20:27, 31](#); [1 John 5:13](#); [Col 1:9](#)). Look for the answers He has already given. Focus on what you do understand (what God has or is teaching you) rather than on what you do not understand.
- > Rely on facts, not feelings (ex. [Ps. 19:1](#); [Job 23:10](#)). Trust the facts and what God says is true. Do not allow emotions to confuse the truth.
- > Surround yourself with Christian people who can encourage you. Talk to them, ask them questions, and learn from what God has shown them.

Helping Those around Us Who Have Doubts

God may desire to use us to help someone who is struggling in an area of doubt. Keep these things in mind:

- > Be merciful to those who doubt ([Jude 22](#)).
- > Accept them where they are ([Rom. 14:1](#)).
- > Help in a spirit of patience ([1 Thess. 5:14](#)).
- > Teach them what God has taught you ([II Cor. 1:4](#)).

In many ways, the Christian life is a journey in which our faith grows stronger every day. May we seek after the truth, cling to the answers God gives, and develop a faith by which we can confidently and boldly live our lives for Jesus Christ!