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; I 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 (I 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!
Teen Topics
Dealing with Doubt (Part 3)

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- Go to God in __________ and study His ________ (James 1:5; John 20:27, 31; I 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.
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