

Growth Through Doubt

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Questions to consider, discuss or journal.

1. Did your experience in the pandemic cause you to ask questions and examine your doubts in a new light? Have you had another experience that caused you to question your faith?
2. Have you been discouraged from doubting? Have you discouraged others? What is at the root of this?
3. The author describes his experience in his career with risk assessment and evaluating doubts in order to stay alive. How do your doubts keep you alive spiritually?
4. Have you experience shame in the face of doubts? How can you move to a place of doubts has a tool to identify the unsettled spaces in your faith?
5. The author lists types of doubt you might experience. Which type of doubt resonates the most with you? What is your strategy for addressing doubt?
6. Do you experience a fear of your doubts? What is the worst case scenario that you would experience if you address your doubts? How can you overcome that fear?
7. What role does pride play in a fear of doubts?
8. The Author examines examples of people who doubted in the bible. Which example speaks to you? Why?
9. What could happen if you ignore your doubts? Have you ignored doubts in the past? Where did this lead?
10. Do you have unaddressed or unexplored spiritual doubts? What what would it take for you to start opening yourself up to exploring your doubts? What is the first step to take?
11. What is your personal spiritual foundation that you can rely on when rebuilding your faith?
12. How can you support people in you community who may be experiencing and exploring doubts?