

Family Discipleship

Conversation Guide

Doubt

“Be merciful to those who doubt.” Jude 22

Have you ever had doubts about whether Christianity is true? It is natural to question what we believe, especially when we see so many contradictory beliefs in people around us.

Not all doubts are the same. Christian doubt is often divided into categories such as these:

- Factual doubt: Deals with questions of evidence or the Bible's reliability
- Volitional doubt: Deals with a person's will and choices
- Emotional doubt: Deals with subjective responses and feelings

Watch this video about doubt and the Bible: 

Discuss: Do you feel comfortable expressing doubts about your faith or the reliability of the Bible? Why or why not? What would make it easier for Christians to discuss their doubts?

Different types of doubt can be helped by different remedies. Factual doubt can be helped by exploring evidence for the resurrection and the reliability of the Bible. Volitional and emotional doubt can be helped by exploring and dealing with the underlying thoughts and feelings creating the doubt. All types of doubt can be helped by fervent prayer and Bible study.

Since Jesus died and rose again in real history, the Christian faith is open to scrutiny and investigation. We needn't fear seeking answers to our questions. It is estimated that approximately 88% of WELS young people have critical doubts about their faith before they go to college. Working through doubt can help young people leave home feeling confident about their faith, which can then enable them to share and defend their faith boldly.

Discuss: Parents, ask your kids what they doubt most about Christianity. Discuss their doubt and explore it together. If needed, ask your pastor for resources. Encourage them to keep sharing their doubts with you.

Prayer: Heavenly Father, thank you for creating saving faith in our hearts through the work of your Spirit. Strengthen our faith in you through Word and Sacrament. When we doubt, give us courage to share and explore our doubts with other Christians. Help us to grow through doubt to become more confident in the truth of your word. Remind us to pray through our doubt and help us to trust in you above all things. In Jesus' name, amen.

Extra! Enjoy this powerful spoken word performance on Christian doubt: 

Links, videos, and quotes contained within this guide do not necessarily represent the teachings of Grace Ev. Lutheran Church and the Wisconsin Evangelical Lutheran Synod (WELS).