



THE PLUG

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September

Overcoming Doubt:

Trusting God When You Don't Have All the Answers

PLUG VERSE OF THE WEEK: [Proverbs 3:5] Trust in the Lord with all your heart and lean not on your own understanding;

[Bible verses: John 20:27, 2 Corinthians 5:7, Proverbs 3:5]

Ice Breaker Game:

Big Idea

Overcoming doubt doesn't mean having every answer. It means learning to trust God, walk by faith, and bring our questions to Jesus.

Opening Thought: Everyone Experiences Doubt

Doubt is something every person encounters at some point. Teenagers may question, friendships, relationships, themselves, their future, or what they believe about God.

For some students, doubt may sound like: "Is God really there?", "Why didn't God answer my prayer?", "If God loves me, why is this happening?", "How do I know Christianity is true?", "Why don't I feel close to God?", "What if I have questions about my faith?"

The first thing students need to understand is that **having a question doesn't automatically mean you've abandoned your faith.**

Doubt can be a place where we stop, think, search, and grow.

The question isn't simply: **"Will I ever have doubts?"**

The better question is: **"What will I do when doubt comes?"**

The three Scriptures we're looking at give us three responses: **TRUST. WALK. ASK.**

TRUST — Proverbs 3:5

"Trust in the Lord with all your heart; and lean not unto your own understanding."

One of the hardest things about faith is that we don't always understand what God is doing. We want answers. We want explanations. We want to know why something happened, what's going to happen next, and how everything is going to work out. And when we don't have those answers, doubt can begin to grow.

We may start thinking: "If I don't understand God, maybe I can't trust God."

But Proverbs 3:5 gives us another way to think.

It doesn't say: "Understand everything and then trust God."

It says: **"Trust in the Lord..."**

That means our ability to trust God isn't based entirely on our ability to understand everything.

We're looking at one moment, one disappointment, one unanswered prayer, or one difficult circumstance. God sees the entire picture.

That doesn't make our pain or questions insignificant. It means we don't have to conclude that God isn't trustworthy simply because we don't understand what He's doing.

"What's something about life that teenagers often struggle to understand?"

WALK — 2 Corinthians 5:7

"For we walk by faith, not by sight."

Paul uses an interesting word: **Walk** He doesn't say: "We sit by faith." He says: **"We walk by faith."**

Walking means moving forward.

Sometimes we think faith means having absolute certainty about everything. But walking by faith means that even when we don't know everything that's ahead, we're willing to take the next step.

You may not know: What your future will look like. What will happen with your friendships. What career you'll have. Whether a difficult situation will change. When God will answer a prayer.

But you can still ask: **“What is the next faithful step I can take?”**

That's what walking by faith looks like.

It isn't pretending you can see everything. It isn't ignoring reality. It isn't pretending that life is easy. It's choosing to move forward with God even when you can't see the entire path.

“What are some situations where teenagers have to walk by faith instead of sight?”

ASK — John 20:27

Now we come to Thomas. Thomas has become famous for one thing: **Doubt.**

But there's something important about his story. Thomas didn't pretend. He didn't say: “Everyone else believes, so I guess I'll just act like I believe too.”

Thomas had questions. He wanted to know whether Jesus had really risen. Then Jesus appeared to him. John 20:27 says: **“Put your fingers here, see my hands...”** Jesus knew Thomas was struggling. And Jesus met him in that struggle.

That tells us something incredibly important: **HE CAN HANDLE YOUR QUESTIONS.**

Some teenagers think they aren't allowed to question their faith.

They may think: “If I ask this question, people will think I'm a bad Christian.” Or: “What if I don't have enough faith?” Or: “What if God is disappointed that I'm questioning?”

But Thomas shows us that we don't have to hide our questions from Jesus.

There is a difference between saying: **“I want to understand.”** and saying: **“I don't want to believe no matter what I discover.”**

God invites us to seek truth. So when doubt comes, don't hide it. Bring it to Lord. Study. Ask questions. Talk with mature believers. Search Scripture. Think deeply. And be honest with God.

“Why do you think people are sometimes afraid to admit they have doubts?”

Closing Thought:

You don't have to have all the answers. It's ok to seek help and guidance when doubt begins to creep in.

It's normal to have questions. You may not see or understand God's plan. Doubt doesn't make you any less of a believer.

Tithes

Prayer Request

Alter Call: Looking to be baptized or rededicate life to God

Announcements: Youth Take Over October 25th