

BreakThru

From Catechism to *Christ*

DOUBTS & QUESTIONS

LEARNING EVENT MAKE-UP

SOMETIMES I HAVE DOUBTS, AND I DON'T KNOW IF THAT'S OKAY...

Everybody has doubts about their faith at some point. There's no discussion on the matter. Everybody--everybody--has doubts. Sometimes they show up and fade quickly. Other doubts linger, like a chronic condition that hangs over our heads for a long time. These doubts often come during times of significant life change--the death of a loved one, the birth of a loved one, a move, a big decision, middle school.

Adolescence brings with it immense change. You might not be making huge life decisions, but every part of your life is in upheaval, from your body to your belief. Hopefully, confirmation class has opened you up to some new ideas about faith, ideas that might leave you with some serious questions... and some doubts.

God knows we all have doubts and God doesn't expect us to come out of the waters of baptism--or confirmation class--as perfect, mature, fully formed Christians. Instead, we're invited on a journey of faith where we continue to grow, being formed in community with other believers. In the kingdom-like, best version of this community, our questions are welcomed and encouraged, because when we work through them together, the whole community grows in faith.

Things You Should Know

- **God can handle your doubts.** Coming to God with our questions and struggles is actually an act of faith, because it trusts and honors God as the one who will respond graciously.
- **Deep, underlying questions of the faith have been wrestled with for centuries.** We are part of a huge family of doubting believers and we're not alone in our struggles.
- **There are some kinds of doubts that really *can* hurt us.** When we start to think we're not loved or worth anything, when we think our sins are too big for God to forgive, when we wonder if there really are some strings attached to our salvation, we're forgetting that God created us in God's image and called us good. When we start to doubt that, it's time to swab out our ears and hear the good news again: Nothing--not death, not sin, not doubt--can separate us from the love of God.
- **Doubt and faith are not opposites.** Doubt helps us build a robust, resilient faith. It's an essential part of a maturing spiritual life in which we ask questions and turn to one another for guidance and seek out wisdom in order to make our faith real. Wondering, considering, puzzling, doubting--they are all signs that you take your faith seriously and want it to last!



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VIDEO & DISCUSSION: DOUBT

Watch the video titled "Doubt" from Sparkhouse CoLABorate linked in the parent e-mail. Then, talk about these questions as a family:

- **What's the most unbelievable thing you've ever seen?**
- **What does it take to convince you something is true?**
- **What's something you would never doubt?**

Take some time and space to write down some of the questions they you about God and faith in the space below.

BIBLE TIME

Take some time to read some famous Biblical accounts of *doubt*. For each account, write down and discuss the following. Record your answers in the table below.

Bible Passage	Who was doing the doubting?	What were they doubting or questioning?	How did the situation resolve?
Mark 9:14-29			
John 20:24-31			
Genesis 17:17-22 & 18:10-15			

GET CRAFTY

Take some time and space to create your own visual representations of doubt. What does it look like? Feel like? You may choose to incorporate some of the questions from earlier in the lesson. Write a few sentences in the space below explaining your art, and turn in a copy of your art with your make-up assignment.

DOUBTING THOMAS

Look up the song "Doubting Thomas" by Nickel Creek on YouTube. As you listen to the song, write down some of the questions you hear.

Then, discuss together:

- **If you were hearing these questions from a person, what would your answers be?**
- **Do you think the questioner needs answers or just a friend?**