



# BIBLE READING NOTES

## DOUBT

### PREPARE

Doubt is something that comes to all of us as believers and in the current crisis, doubt is affecting us in many ways. Even those of us who are confident in our faith are feeling insecure about what is being asked of us as we try to adapt to new ways of life.

- Parents may be feeling doubt about their children's home education and students may be feeling doubt about the next steps forward
- For those out of work or having to work differently...doubting their abilities...does this time change where we may feel 'called' or our 'calling'?
- Some of us have had to let go of structures or relationships that have defined who we are.

Without a daily routine many may feel lost or doubt their purpose.

What can we learn at this time, or what spiritual disciplines can we practice to create rhythm and confidence in our relationship with God?

### BIBLE PASSAGE

<sup>24</sup> Now Thomas (also known as Didymus), one of the Twelve, was not with the disciples when Jesus came. <sup>25</sup> So the other disciples told him, “We have seen the Lord!”

But he said to them, “Unless I see the nail marks in his hands and put my finger where the nails were, and put my hand into his side, I will not believe.”

<sup>26</sup> A week later his disciples were in the house again, and Thomas was with them. Though the doors were locked, Jesus came and stood among them and said, “Peace be with you!” <sup>27</sup> Then he said to Thomas, “Put your finger here; see my hands. Reach out your hand and put it into my side. Stop doubting and believe.”

<sup>28</sup> Thomas said to him, “My Lord and my God!” (John 20 vv 24 – 28)





# BIBLE READING NOTES

## EXPLORE

- Look at v.24. Thomas wasn't with the other disciples when Jesus appeared to them. How do you think this may have affected his refusal to believe? What can we learn about being with others, particularly at this time (Hebrews 10 vv 24-25)?
- Is it wrong to doubt? What was Jesus' response to Thomas' expression of doubt (v.27)? How can this encourage us when we think about Jesus' response to our doubts? (Jesus meets us where we are at: he gives us what we need). Remember: faith is 'faith', and therefore an element of not knowing is to be expected.
- Jesus encouraged Thomas' request for physical proof (v.27). Can you think of a time when God has given you physical proof of his presence?

## RESPOND

It's ok to sit with doubt, really sit with it. God is bigger than our doubt, and can and will use our doubt to build our faith. The act of doing all the time may prevent us from sitting with doubt and really listening to the Holy Spirit (his still small voice). Let's try to be introspective during this time...taking/making more time to sit and just come back to what we know is true and life giving.

Many of us will be struggling to stay hopeful in dark times. As Peter Graystone mentioned in his sermon, there will also be many of us who are longing for the touch of a friend or family member we haven't seen for a long time.

- Is there someone you can encourage or pray with today who is feeling low?
- If you are feeling despondent yourself, please don't hesitate to contact us on [care@emmanuelcroydon.org.uk](mailto:care@emmanuelcroydon.org.uk) so that someone can pray with you.

## PRAYER

Jesus, you are our Lord who leads us gently; who guides us lovingly; who meets us where we are at, and holds our hand.

Thank you that the story of Thomas shows us that you encourage us to wrestle with our faith and express our doubts. Amen.

