

# WHY DO YOU DOUBT?

Spiritual doubts come in all shapes and sizes. That's because no one has the same background, faith environment, upbringing, or personal experiences.

That's why *The Benefit of Doubt* doesn't try to provide a one-size-fits-all approach to doubt. Instead, you'll find practical tips and spiritual wisdom to help you navigate your personal questions, doubts, and fears.

As you prepare to dive into the book, consider your journey with doubt. Specifically, when did it start, and what are some of your biggest doubts today?

In the book, Pastor Craig Groeschel writes, "Until you get clarity about what you're doubting, you'll feel confused instead of getting answers that can satisfy you."

Check out this list of common doubts. Put a check next to the doubts you're currently wrestling with, and use the blank spaces to add your own.

- Is there a God?
- Is Jesus who He said He is?
- Who is God? Is He really Jesus? Or Buddha? Or Allah?
- Does science contradict some things in the Bible?
- Does God really love me?
- Does faith in Jesus really change people?
- Why isn't God answering my prayers?
- Why are there so many controversies among Christians about the Bible?
- Why does God allow so much pain and suffering in the world?

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No matter how many you checked, resist the guilt or shame that might start to set in. As we'll see together, our doubts are an opportunity for a deeper relationship and faith in God.

Now, let's dig a little deeper and assess our *why*. What's lurking behind your doubts? Here are some common reasons why people doubt.

**Doubts may be driven by circumstances:** *How could a good God let bad things happen to me or others?*

**Doubts may be driven by intellect:** *The Bible is full of confusing stories and contradictions, so who or what can I trust?*

**Doubts may be driven by emotion:** *What if my faith was just an emotional high and I was never really a Christian in the first place?*

**Doubts may be driven by other people:** *If people who claim to be spiritual leaders keep making immoral choices, then is this whole thing a joke?*

**Doubts may be driven by a relationship with an absent or abusive parent:** *If my earthly father is like that, then why would my Heavenly Father be any different?*

Did any of these resonate with you? Write down one or two of your “whys.”

1. \_\_\_\_\_

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2. \_\_\_\_\_

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So now you know some of your “whats” and a few of your “whys.” What’s next?

Our doubts cannot be addressed until they’re defined. **If you don’t know what’s behind your doubt, you may never experience the *benefit* of your doubt.**

When you know what you doubt and why you doubt, you can start to create a personalized plan for addressing doubts – a plan that provides direction and peace even as you ask tough questions.

Doubts can be painful, but they’re not your enemy. As you’ll read in *The Benefit of Doubt*, spiritual doubts aren’t always negative. In fact, they can be the gateway to a stronger faith.

