

be still and know

how we find certainty instead of doubting

questions for journaling or discussion

Have you second-guessed yourself or doubted what was right because you were...

- early or ahead of schedule?
- alone?
- everyone else was wrong, or just doing something different?
- afraid?

Are you doing that in a situation right now? Where do you feel over your head, struggling with doubt?

Doubt is not the same as not knowing something, or being confused, or having a misunderstanding, or getting the rug pulled out from under us. **Doubt is arguing with God - not believing or trusting Him and His goodness.**

Let's sort this out. When is a time you felt confused, uncertain, or caught off guard?

How was that different from a time when God told you something, and you argued with Him?

Was your level of peace different in those situations? In which situation did you feel closer to God?

What is one situation you're asking God wisdom for right now?

What did He say?

Are you struggling with any of these?

- doubting that you heard Him
- accepting (and not arguing with) His answer
- you obeyed, but the situation doesn't look like it's working out

What does persevering in obedience look like for this situation?

Read and/or copy 2 Corinthians 3:17-18 and James 1:22-25.

Ask the Lord, "How are you transforming me to look more like You in this situation?" What does He say?

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As you ask the Lord for answers, are you fighting any of these fears? What does that look like?

- Fear of healing because it changes our routines, what we're used to, and how we (and others) see us
- Fear of Jesus following through with His word and promise
- Fear that it's "just what we want" and not really what God wants to give us
- Fear of what the Lord will ask us to do in return, as though we're making a deal with the devil – and ooh, do you see how deceptive that is?
- Fear that we'll get in trouble if we rock the boat instead of maintaining the status quo

As you examine those thoughts, what lies can you identify that are at the root of them? List as many as you can.

For each lie, what is the actual truth that you need to remember and declare?

We find great healing in confession and repentance. A simple prayer you can make is, "Jesus, I'm sorry for agreeing with these lies. I know that _____ (insert the truths that confront the lies) and I repent of believing otherwise. I break off any agreement I've made with the enemy and I take my thoughts captive according to Your word, power, and authority. Thank You for growing me in freedom, maturity, and peace."

Read and/or copy 2 Corinthians 10:3-5 and Hebrews 11:6.