



Faith and doubt

THE SERIES AT A GLANCE

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| 1 | Part 1 | Thomas wants to see |
| 2 | Part 2 | How long? |
| 3 | Part 3 | The gentle whisper |

3 meetings of 10–15 minutes

Believing honestly, even with questions

Preparation: 10 min

How to use the series: Use one part in each of three meetings in a row. At the start, briefly recall the previous part.

1 Part 1: Thomas wants to see

Bible: John 20:24–29

Thomas wants proof before he believes. Jesus comes and shows him his wounds – without reproach. Doubt does not exclude you; it can be the beginning of an encounter.

Question: Which doubts are you carrying around?

Prayer: *Jesus, you took Thomas seriously. Take my doubts seriously too. Amen.*



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2 Part 2: How long?

Bible: Psalm 13

“How long, LORD? Will you forget me for ever?” The Bible contains prayers that accuse God. Lament is a form of faith: I am still talking to you, even when I am angry.

💬 **Question:** Are you allowed to be angry with God?

🙏 **Prayer:** *God, sometimes I do not understand you. I am talking to you anyway. Amen.*

3 Part 3: The gentle whisper

Bible: 1 Kings 19:1–13

After a great success, Elijah only wants to die. God sends him food and sleep. Then he meets him – not in the storm, not in the earthquake, not in the fire, but in a gentle whisper.

💬 **Question:** Where do you expect God to be loud – and where might he be quiet?

🙏 **Prayer:** *God, help me to hear your quiet voice. Amen.*

🧑 For leaders

- Leave room for doubts and critical questions – an honest conversation matters more than a quick answer.
- As a leader, feel free to share a personal experience.