

Lifequakes

STAYING SANE IN STRESSFUL TIMES

LESSON 20 // DEALING WITH DOUBT—PART 3

Big Idea: Doubt is a subtle but powerful lifequake. You shouldn't be surprised by doubt, but instead accept the reality that there are many unknowns in life, and make sure you settle your source of Truth. Also, you should be confident in the reality that God exists, His Word is true and Jesus is God's Son—the promised Messiah and Savior of the world.

Luke 24:27 (TLB) *Then Jesus quoted them passage after passage from the writings of the prophets, beginning with the book of Genesis and going right on through the Scriptures, explaining what the passages meant and what they said about himself.*

John 20:30-31 (NIV) *Jesus performed many other signs in the presence of his disciples, which are not recorded in this book. 31 But these are written that you may believe that Jesus is the Messiah, the Son of God, and that by believing you may have life in his name.*

Isaiah 53:5 (NIV) *But he was pierced for our transgressions, he was crushed for our iniquities; the punishment that brought us peace was on him, and by his wounds we are healed.*

1 Corinthians 15:3-8 (NIV) *For what I received I passed on to you as of first importance: that Christ died for our sins according to the Scriptures, 4 that he was buried, that he was raised on the third day according to the Scriptures, 5 and that he appeared to Cephas, and then to the Twelve. 6 After that, he appeared to more than five hundred of the brothers and sisters at the same time, most of whom are still living, though some have fallen asleep.*

Mark 9:23-24 (NIV) *"If you can't?" said Jesus "Everything is possible for one who believes." 24 Immediately the boy's father exclaimed, "I do believe; help me overcome my unbelief!"*

Start Talking:

Why is eyewitness testimony so crucial in establishing the truth of a historical event? How does this relate to the truth that Jesus actually rose from the dead?

Start Thinking:

Read Luke 24:27. Why is it so important to understand that the Bible, from Genesis to Revelation, spotlights the birth, life, death, resurrection and reign of Jesus?

Read John 20:30-31 and Isaiah 53:5. What do you learn from these verses about who Jesus is, what He's done and why it matters?

Read 1 Corinthians 15:3-8. How do these verses give you confidence about the reality that Jesus rose from the dead? [Note that these verses, written only about 20 years after Jesus' resurrection, are based on a creed that goes back to within a few years after His resurrection.]

Read Mark 9:23-24. How can faith in Jesus and the truth of His Word help you overcome doubt?

Start Praying and Doing:

Memorize and meditate on Isaiah 53:5 this week. Let the truth of what Jesus did for you through the cross and by His resurrection be a point of confidence and gratefulness. Look for opportunities God will open for you to share your faith in Christ with others.