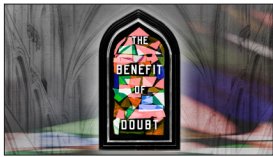




Your  
story  
matters.

SEPT 28, 2025

Message Notes



### ***The Benefit of Doubt***

### **“God, Where Are You?”**

**Pastor Tom Lundeen | Sept 28, 2025**

...we're focusing on different people in the Scriptures who \_\_\_\_\_ with doubt.

But God actually \_\_\_\_\_ their doubts to ultimately deepen their faith and not have doubt be what defines them.

Today we're going to focus on one of the best known individuals in the Scriptures...and he's also listed in the *Faith Hall of Fame*.

If you'll take time to read through the *Hymnbook of Israel* (Psalms), you'll not just read wonderful expressions of thanksgiving and praise to God, but also some of the most personal and powerful \_\_\_\_\_ questions ever asked...questions we ask when the surface meaning of life is stripped away, when expectations are shattered, and when we come face to face with our own \_\_\_\_\_.

Sometimes in life where the pain of a situation/event/relationship is so intense, where the suffering we're experiencing seems to have no end in sight, and where all our prayers seem to only bounce off the ceiling and all we seem to hear from God are the \_\_\_\_\_ of \_\_\_\_\_...(note **Psalm 22:1**).

What do we do when God seems far away?

## **1. Pain and Trust Can \_\_\_\_\_**

There are times in our lives when God seems far away, uninterested in our lives and problems, even deaf to our cries for help (note **Psalm 22:2, 11**).

Note **Psalm 22:1-2, 27-31**

- A. Real Life \_\_\_\_\_ (note **Psalm 22:1a**) - God = \_\_\_\_\_ One and strength - this is the definition of who God is = He's powerful. And this is what makes the next word so \_\_\_\_\_ - forsaken = \_\_\_\_\_, to depart (note **Psalm 22:1b-2**). It can be confusing and spiritually and emotionally \_\_\_\_\_ when we know God has the power to change our circumstances, but all we hear is silence.

B. Real Life \_\_\_\_\_ - \_\_\_\_\_ (note **Psalm 22:3, 9**). \_\_\_\_\_ is for the times in life when pain and trust need to walk hand-in-hand (note **Psalm 22:3-5**). So the Yet is for the times in our lives when we are waiting for the \_\_\_\_\_ moments/answers to prayer, and interventions in our lives...(note **Hebrews 11:1**). The power of Yet is that it \_\_\_\_\_ our whole being...to who God is and what He has done...

## 2. Why Pain + Trust = \_\_\_\_\_

...Jesus quoted **Psalm 22:1**; not in a \_\_\_\_\_ to the crowds, or in one of His many private conversations with the 12 disciples, but as He hung on the cross...(note **Matthew 27:46**).

Don't miss this - at one of the \_\_\_\_\_ most significant, spiritually defining, and greatest moments in human history...

...there is, from the lips of the \_\_\_\_\_, this gut-wrenching statement, "*Why have You forsaken Me?*"

The most hope-filled and life-giving and life-transforming event in human history involved an emotion we all fear = feeling abandoned on \_\_\_\_\_.

God \_\_\_\_\_ you and me and a lost world by forsaking His Son. This \_\_\_\_\_ of forsakenness meant you and I can be forgiven, have a new life, and receive promise of eternal life.

### ***So can there be benefit to my doubt?:***

- Our \_\_\_\_\_ circumstances can lead us to greater trust...
- ...if we will embrace the \_\_\_\_\_ and discover God is there and at work.
- It's an \_\_\_\_\_ to trust.

***Tell us about the next step you took today in your spiritual journey!***

Let us know, too, and fill out our connect card (digital\* or hard copy), get your book and other materials, then make sure to sign up for a small group at GroupLink at any of our campuses.

**\*App:** Message Notes/Connect Card **Or:** MYRC.LINK/CONNECT



Your group matters.

## DISCUSSION GUIDE

- Icebreaker -

*If you could get rid of one rule in life, what would that be? Is there any rule that you would add?*

1. As a group, discuss your thoughts and takeaways from chapters 5 and 6 of *The Benefit of Doubt*.
2. When in your life has your love for another person caused them pain and suffering for their ultimate good? (Did they express trust in you at the time? How did it change your relationship afterward?)
3. Read **Psalms 22** out loud as a group. Which parts of this psalm are relatable to you and why? Describe a time when God seemed indifferent amid your doubts, pain and/or despair.
4. Pastor Tom described these “yet” verses, **Psalms 22:3-5, 9 & Hebrews 11:1**, as anchors: “The power of Yet is that it anchors our whole being... to who God is and what He has done...” Based on your answer to the previous question, what about God was (or has been) your anchor?
5. Pastor Tom described a “but God” moment as, “answers to prayer and [God’s] intervention in our lives.” When was a time you experienced a “but God” moment? For a new believer, this could be the moment you realized you needed Jesus as your Savior, leading to your ‘YES!’
6. “Yet” verses keep us anchored until God answers “but God” our prayers and intervenes in our situation, which in turn become testimonies of God’s power at work in our lives. Take turns role playing the following: If an unbeliever (or struggling believer) asked you, “Based on your life, why should I trust God?” how would you answer?

## WEEKLY READING

*Before you attend your small group, read Chapters 5-6 (pages 79-113) of *The Benefit of Doubt*.*

Not too late to join a small group! Use the GroupFinder at **MYRC.CHURCH/GROUPFINDER!**



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## **1. Pain and Trust Can Coexist**

There are times in our lives when God seems far away, uninterested in our lives and problems, even deaf to our cries for help (note **Psalm 22:2, 11**). Note **Psalm 22:1-2, 27-31**

- A. Real Life Pain (note **Psalm 22:1a**) - God = mighty One and strength - this is the definition of who God is = He's powerful. And this is what makes the next word so painful - *forsaken* = abandon, to depart (note **Psalm 22:1b-2**). It can be confusing and spiritually and emotionally exhausting when we know God has the power to change our circumstances, but all we hear is silence.

B. Real Life Trust - yet (note **Psalm 22:3, 9**). Yet is for the times in life when pain and trust need to walk hand-in-hand (note **Psalm 22:3-5**). So the Yet is for the times in our lives when we are waiting for the but God moments/answers to prayer, and interventions in our lives... (note **Hebrews 11:1**). The power of Yet is that it anchors our whole being...to who God is and what He has done...

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