

WEEK 1

SMALL GROUP GUIDE

DOUBT IT

We were all designed to ask questions. As toddlers, we constantly asked, "Why?" But as we get older, asking too many questions is often discouraged — especially when those questions are about our faith. But in this 4-week series, we'll talk about how having questions (and even doubts) about God might not be as scary or as shameful as we thought, because **you're not alone in your questions, God doesn't shame us for our questions, our questions don't always get answered,** and **Godly people can help us with our questions.**

THIS WEEK

THE BIG IDEA

You're not alone in your questions.

THE BIBLE

Psalm 22, 28; Hebrews 4:14-16

- **Would you say you're usually more trusting or skeptical of what you're told? Give us an example!**
- **What stood out to you most from today's conversation?**
- **Which Psalm (22 or 88) did you identify with more, and why?**
- **Have you ever had a question or doubt about God? Share it, if you feel comfortable.**
- **Have you ever shared one of your questions or doubts about God with someone else? If so, how did that conversation go?**
- **Has anyone ever shared a question or a doubt with you? If so, how did you feel and respond? Is there anything you wish you'd done differently?**
- **When was the last time you talked to God about one of your questions or doubts?**
- **Based on our conversation today, what do you think God would want us to know about our questions or doubts?**
- **Read Hebrews 4:14-16. What can we learn from this passage about dealing with our own doubts and questions?**
- **What's one way today's conversation is going to change the way you see your own doubts or questions?**
- **What's one way today's conversation is going to change the way you see others' doubts or questions?**

ACTIVITY

Challenge students to take a few moments (either together or at home) to **write a psalm to God, expressing any questions or doubts they might have.** It could be a poem, a song, a letter, or even a drawing.