

# Seniors

# DOUBT



**GET INTO  
THE BIBLE**



**15 MINUTES**



**PREPARATION  
NEEDED**

## AIM

Do you ever have doubts about God?  
Questions you're too afraid to ask?  
Explore these questions and more  
as we look at doubt and why doubt  
and questions can actually help to  
strengthen our faith.

## WHAT YOU'LL NEED

- 'I Doubt That' Questions and Signs
- Pens & Paper

# GET INTO THE BIBLE: DOUBT

THEME: DEVELOPING MY FAITH



## LEADER PREPARATION

A leader will need to download a copy of the 'I Doubt That' questions and signs. Print the signs or create your own to show in your meeting space.



**Download 'I Doubt That' Questions and Signs**



## GETTING INTO THE ACTIVITY

Explore what 'doubt' means and why having some doubts and questions about your faith can actually be a good thing in helping it to become stronger.

- 1** Take part in the 'I Doubt That' activity. A leader will need a copy of the 'I Doubt That' questions and signs. Place the 'I Doubt That' and 'I Believe That' signs at opposite ends of the room. Read out one of the statements and go and stand next to the sign that best matches your thoughts. If the group wish to discuss the statements, allow some time for this to happen. Once everyone has decided, reveal if the statement is true or false.
- 2** This activity has given you as a group a chance to think about different topics and allowed you to express certainty and doubt at the different statements. Try and come up with a definition of what 'doubt' means. Doubt = a feeling of uncertainty or lack of conviction.
- 3** Do you ever have doubts about God or about your faith? Are you too scared to talk about them or worried it might make you sound like a 'bad Christian'? Don't be! Having doubts and questions is a natural part of being a Christian. In fact, doubts should encourage you to take a closer look at God, which in turn can result in growth in your spiritual life and a stronger faith.
- 4** Faith isn't about just believing what you are told, it's about trusting in that faith. A faith where you know Jesus enough to trust him without hesitation. Asking questions and exploring doubts are what can help you to grow that faith, understand God in a deeper way and strengthen that relationship.
- 5** What questions do you have about faith and God? What doubts would you like to explore more? As a group write down questions onto slips of paper and secretly place them in a box. Give that box of questions to a leader and ask them to base the next few weeks of devotions on these questions, allowing you all to explore these topics, openly discuss them and grow in faith together.



**'Be merciful to those who doubt.' Jude 1 v 22**



## IDEAS TO TAKE THIS FURTHER...

After exploring the questions in the 'doubt box', consider doing this activity again and seeing if any new questions have been promoted from your discussions.

# I DOUBT THAT! QUESTIONS

**Lions can smell pizza from a mile away.**

I doubt that! (False)

**The fastest gust of wind ever recorded on Earth was 253 miles per hour.**

I believe that! (True)

**The Canary Islands are named after dogs.**

I believe that! (True)

**A bolt of lightning contains enough energy to toast 100,000 slices of bread.**

I believe that! (True)

**Bats are blind and only 'see' using vibrations.**

I doubt that! (False)

**The Queen has never been to Mexico.**

I doubt that! (False)

**You can hear a blue whale's heartbeat from two miles away.**

I believe that! (True)

**The inventor of the frisbee was turned into a frisbee after he died.**

I believe that! (True)

**You are more likely to be stung by a bee in windy weather?**

I doubt that! (False)

**You swallow eight spiders a year while sleeping.**

I doubt that! (False)

# I DOUBT THAT!

# I BELIEVE THAT!