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DAILY DEVOTION DEALING WITH DOUBTS

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Text: Mark 9:23-24

[23]Jesus said to him, "If you can believe, all things are possible to him who believes."

[24]Immediately the father of the child cried out and said with tears, "Lord, I believe; help my unbelief!"

"Is it okay to have doubts about my faith?"

This is a common question asked by many christians. Maybe you're struggling with your own doubts as you read this.

I hope it's okay to have doubts about faith because everyone must have had his or her own period of doubt. Doubts tend to creep in for us during times of stress, discouragement, or disappointment.

Problems and pressures can cause us to reevaluate our faith.

In fact, I've discovered that's when our faith matters the most. God grows our faith through the trials we face.

I love the story when Jesus encounters a man with a troubled son and tells the father, "Everything is possible for him who believes." (Mark 9:23).

I also love the father's response to Jesus. It's so honest, and it's how I sometimes feel when I pray. It says in Mark 9:24

[24]Immediately the father of the child cried out and said with tears, "Lord, I believe; help my unbelief!"

While our time of doubt are normal, there are times we need to cast our doubts aside.

When confronting Thomas after Jesus' resurrection from the dead in John 20:27 (NIV), Jesus said, "... Stop doubting and believe."

In other words, you may have seasons of doubt, but they don't have to be permanent. God has given us the witness of His Word and His promises, the witness of His Spirit, and the fellowship of His Church to resolve many common doubts and build confident faith.

As your relationship grows stronger, your doubts will become less because you will experience God's love and care.

Dealing with doubts involves actively acknowledging, investigating, and navigating them rather than ignoring them.

Effective strategies include journaling to clarify thoughts, studying to find answers, and speaking with others.

As doubt is a common human experience, it can lead to deeper understanding, growth, and stronger conviction when addressed directly.

PRAYER Oh Lord, help my unbelief and strengthen my faith to overcome doubts in Jesus name.