**Overcoming Spiritual Doubt**

**Purpose:**
Spiritual doubt is a natural part of our faith journey and an opportunity for growth. It can arise from unanswered questions, challenging circumstances, or feelings of disconnection. Rather than seeing doubt as a failure, we can embrace it as an invitation to deepen our trust in God and strengthen our relationship with Him. This worksheet will help you reflect on your doubts, seek answers in scripture, and reaffirm your faith in God’s truth. As **Mark 9:24** beautifully illustrates: *“I do believe; help me overcome my unbelief!”* May this exercise guide you toward clarity and renewed confidence in your faith.

**Identifying the Doubt:**

What specific doubts or questions about your faith are you currently wrestling with?

**Exploring the Source:**

Reflect on where these doubts may be coming from. Are they related to a difficult experience, unanswered prayer, fear, or a need for deeper understanding?

**Scripture for Reassurance:**

Find a Bible verse that addresses doubt or encourages trust in God. Write it here:
*“*\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_”\_
(Book, Chapter:Verse)

How does this verse speak to your current doubts and encourage you to trust God’s plan?

**Seeking Answers in Prayer:**

Write a prayer asking God to guide you through your doubts and reveal His truth to you.
\_“Lord, I come to You with my questions and uncertainties. I feel \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_*. Help me to seek You wholeheartedly, to trust in Your wisdom, and to find clarity through Your Word. Strengthen my faith and remind me of Your unwavering love. Amen.”*

**Taking Action to Overcome Doubt:**

What steps can you take to work through your doubts? Examples might include studying scripture, speaking with a pastor or mentor, journaling, or spending quiet time in reflection.

**Reflecting on Past Faithfulness:**

Think of a time when God answered a prayer, guided you through a difficult situation, or revealed His presence in your life. How does remembering His past faithfulness encourage you to trust Him now?

**A Statement of Faith:**

Write a personal affirmation to reaffirm your trust in God, even as you work through your doubts.
\_“Even when I have questions, I trust that God is good and faithful because \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_*.”*

May this exercise help you find peace in the midst of uncertainty and lead you to a deeper, more resilient faith in God’s promises.