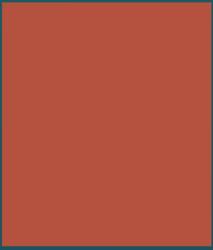

HOW 

TO 

DOUBT

READING PLAN

DOUBT */dout/*

verb

to be uncertain about, consider questionable or unlikely, or hesitate to believe. To distrust or regard with suspicion.

noun

A feeling of uncertainty about the truth, reality, or nature of something. Distrust or suspicion. A general feeling of uncertainty, worry, or concern.

For many of us, doubt can feel like the antithesis of faith. It can feel lonely, scary, or even shameful. We worry that our doubt makes us a “bad Christian” or that God is displeased when we have questions. We are fearful that if we truly ask that question, voice that fear, or bring up that topic, we might just be shunned from our Christian circles. We don’t want to be labeled as a “doubter”.

But let’s face it, we all have doubts. In fact, the Barna Group estimates that around 65% of American adults surveyed admitted that they have had or currently have doubts about their faith. That’s a vast majority!

Doubt is one of the leading causes for people leaving the church. This struggle to understand and accept certain beliefs and tenants, paired with unanswered questions and the feeling that seeking answers inside the church is dangerous, has caused many to walk away from organized religion. In fact, 30% of American adults would say that they do not affiliate with any religion at all! And that number is climbing every day.

So, what do we do with our doubts? Is doubting really in contrast to faith? And how do we halt the heartbreaking statistics of so many leaving the church and their faith because of doubt?

We want to take a close look at doubt in the church, how it can be useful to deepen your faith, and why it can be such a gift from God. We will walk through the right ways to deal with doubt, what it looks like to righteously test your faith in a healthy way, and how community can be the key that unlocks the door to processing doubt the right way.

As you take this journey with us, bring all your doubts along with you. You are safe here. We challenge you to hold each and every one of them up to the truth and let God move in mighty ways. Maybe you don't believe. Maybe doubt has kept you away from God for so many years. That's okay too. You have permission to wrestle with God, wrestle with faith, and wrestle with doubt. He is a God worth wrestling with.

NO SHAME.

NO FEAR.

NO LIES.

It's time we break free from the crippling effects of doubt in our lives and on our hearts. It's time to push through the darkness and reach the light on the other side. Will you join us?

HOW TO USE THIS GUIDE

Through this guide, you will be invited to participate in a step-by-step journey toward moving through doubt. There are a few key things we want to encourage you to do to get the most out of this process:

- 1. Be honest.** Doubt thrives when hidden in the darkness, kept in secret, and glossed over with pride. Be honest about what you are struggling with- first with yourself, then with God, then with others.
- 2. Remember it's a process.** Have grace with yourself and with others. Doubt is something that takes time to work through. Don't try to rush it, sweep it under the rug, or tell yourself you need to get through it quickly. God wants to bring you total and complete healing. And for that, you have to be willing to trust His timing.
- 3. Lean in all the way.** For this journey to have positive results, you can't go about it halfway. You have to be all in. Commit to a season where you are going to be diligent about taking a journey through doubt. Set aside specific time to do the exercises, study, and journaling prescribed.
- 4. Don't give up!** There will be times along this journey when you will be tempted to give up and call it quits. Don't do that. This journey is hard, but it is so worth it. I promise, even when it seems like there isn't, there is a point and there is a purpose. Let the journey play out. Let God do His work. You will never regret it if you do!

We are so excited to take this journey with you! If at any point you feel like you would like pastoral or professional help working through your doubts, please don't hesitate to reach out. We are for you and want to help provide you with the necessary resources for your success. We can be reached by:

PHONE: 907-694-7741 • TEXT: 907-762-9862 • EMAIL: office@acfak.org

STEP 1: TRUTH

The first step to dealing with our doubt is to recognize where you are at and make a commitment to truth - even when it's uncomfortable. We all go through seasons of doubt in our faith. But all too often we try to put on a smile and pretend everything is okay. We've bought the lie that doubt equals unholiness. So, we often stuff our fears, doubts, and struggles down under a façade, telling ourselves and the world around us that we're fine.

So, step one is to embrace the truth about what we are feeling, thinking, worrying about, and doubting. We have to be brave enough to call doubt what it is, name it specifically, look it square in the face, and bring it into the light before we can ever begin to work through it.

This step is not easy. It can be scary and difficult. We can worry about the repercussions if we actually go through with this. Once something is brought into the light, there is no undoing it. This can be the very thing that keeps us from being honest. Sometimes the brokenness we know is a lot less scary than the path to wholeness that we don't know.

But truth is ALWAYS better than a lie.

Usually, the fears we have about tackling doubt fall into three specific areas:

WITHIN (OURSELVES)
WITHOUT (OTHERS)
ABOVE (GOD)

So, as we prepare to look at and name our doubts, let's ask some specific questions in these three areas:

WITHIN:

What specifically feels scary about facing my doubt?
What am I afraid my doubts say about me? About my faith?
How do doubts affect my personality (achiever, helper, defender, etc.)?
Why do doubts scare me or make me uncomfortable?
Am I afraid of the work it will take or the process I will need to walk through to tackle my doubts?

WITHOUT:

Is there a person in my life I am afraid will reject me or look down on me because of my doubt?
Do I fear that I will lose respect or position in some way by voicing my doubt?
Do I worry that my doubt will take me away from the ones I love?
Does the idea of talking about my doubts with others scare me or make me uncomfortable? Why or why not?
Are there social or cultural expectations that make voicing my doubts feel unsafe or uncomfortable?

ABOVE:

How do I think God feels about my doubt?
Do I associate my doubt with my sin in some way? If so, how?
Do doubts get in the way of me fully trusting God?
Do I worry that if I explore my doubts, I will lose my faith?
Am I afraid that God will punish me for my doubts?

Take some time now to journal or think about your answer to each of the questions above. Do you see a pattern? Is there a particular area of your life that is specifically standing in the way of you boldly looking at your doubts? Can you identify any lies you believe in in any of these areas?

NAMING OUR DOUBT

We cannot be set free if we are holding on to lies. Pretending we have it all together or stuffing our doubts and fears under the surface will only stall us out and lead us away from the God of truth. If we are going to move forward, we have to be willing to shine light on every fear, doubt, and sin. We have to be willing to hold them up and examine them in the light of God's truth.

But sometimes naming our doubt can be difficult or intimidating. Ask yourself the following questions to help identify any doubts you may be struggling with. Try to be specific in your answers. Take your time and truly search your heart. Try not to let outside influences or expectations stop you from naming what is in your heart.

1. What ceilings do I feel I am hitting against with God, the Church, or my faith?
2. What expectations did I come to God with that have felt unmet?
3. Do I feel like God, the Church, or my faith have let me down in some area? If so, in what way?
4. Where do I feel angst or discomfort in my faith?
5. What questions seem to keep coming up that continually feel unanswered?
6. Are there any questions that feel "off limits"?
7. What areas of my faith do I feel myself grasping for some sort of control or comfort?
8. How have I seen people inside the church act or look different than I think they should? Is that causing any anxiety, anger, or distrust in my heart or mind?
9. Do I carry any wounds from my faith, the Church, or even my interactions with God that feel like they are unhealed?
10. Are there any areas in my faith where I feel like too much is asked of me, or expectations are too high?

After you've taken some time (maybe even a few days) to consider the above questions, try to name the core doubts that you are struggling with most. List them in order of most pressing to least pressing in your life. Next, take some time to complete the following exercise to help you truthfully examine your doubts one by one (starting with the most pressing).

1. Name the specific doubt and any thoughts or feelings associated with that doubt (be as specific as possible).
2. When did this doubt first begin in my heart and mind?
3. Was there a specific event or something someone did or said that sparked this doubt?
4. How has this doubt affected my walk with God?
5. How has this doubt affected my community with other believers?
6. What are some specific ways this doubt has shown up in my time in the Word?
7. What are some specific ways this doubt has shown up in my prayer life?
8. Do I feel pressure to hide this doubt from others in the church? Others outside the church? Others in my family or friend groups?
9. If left unresolved, how will this doubt continue to grow and cause problems for me?
10. If left unresolved, how will this doubt cause problems for others around me?

Great job! Now that you have taken time to identify these doubts, you are ready to move forward in this journey. This step was so important because if you don't fully understand your doubts, then you can't fully test them, explore them, or surrender them. Any pieces of doubt that remain hidden in the secret places of our heart cannot be healed.

Before we move on, there is one more question to ask yourself:

"Am I ready to find the truth, whether it makes me comfortable or not? Am I committed to finding the whole truth, no matter what?"

This question is huge. When you're ready to say yes, then move on to the next step.

STEP 2: GOSPEL

The next step in our journey is to hold our doubts up to the Gospel. The word Gospel means “Good News” and that is exactly what it is for our doubts. When we use the truth of God’s word to test and explore our doubts, we find freedom and strength. Armed with the Sword of the Spirit (Ephesians 6:17) we are able to cut through lies and fears to find the truth that we crave.

Before we turn the Gospel loose on our doubts, we need to arm our hearts and minds with the truth of God’s love for us first. It is important that we understand a few truths about God and how He sees us as well as our doubt before we are going to be ready to battle our them head on.

HEART CHECK

First, we need a biblical definition of doubt. There are two attitudes that we see in the Bible that can be understood as doubt:

1. Questioning what we don’t understand and seeking understanding to move forward
2. Denying what God has plainly said and choosing not to trust Him, His plan, or His goodness

As you can see, these two versions of doubt have very different heart issues at their core. As we assess our doubts, we have to ask ourselves what the heart of our doubt is. Are we confused about something and in need of God’s wisdom? Are we searching to understand something that has caused dissonance inside our souls? Or have we allowed our hearts to turn hard, and have we rejected God? Do we doubt because we believe that God cannot come through or we don’t trust that His ways are best?

Questioning and searching for wisdom is not a sin. In fact, we are told in Scripture to search for God and His wisdom which leads to life. If your doubts are rooted in confusion or lack of wisdom, God wants to meet you in that and lead you to His truth. There are no “off limit” questions with God. Bring Him all your fears, struggles, and uncertainties and trust that He will help you find the answers you seek.

However, Scripture is also clear that denying God or allowing our hearts to be hardened toward Him is a sin. If our doubts have arisen from a heart that is divided (meaning, we don't fully trust that God can or will do what He says) then we need a heart-check first and foremost. We have to be honest with ourselves about what the heart issue in our doubt is and if we find that our doubts are motivated by sin, we have to be committed to acknowledging that.

But there is good news! Even if your doubt is rooted in a sinful heart, Jesus is the conquering King! He has defeated sin and wants to root it out of even the most hardened heart. He is not deterred by your sin. In fact, He died to free you from it!

But how do you know which is at the root of your doubt? Let's ask a few simple questions to see if we can identify the cause:

- Does your doubt make you want to seek God more or less?
- Does your doubt cause you to search the scriptures more or less?
- Does your doubt cause you to seek Christian community more or less?
- Do you assume that a better understanding of God would lessen or increase your doubt?
- Do you think that turning to God will help you find answers? Or do you think that turning to outside sources will help you find answers?

After honestly asking yourself these questions, what arises? Do you find yourself doubting the very person of God? Or just your understanding of Him? Do you find that your doubts motivate you to seek answers? Or do they motivate you to move away from God? These can be indicators of the root cause of our doubt.

If you are honest with yourself and you find that your doubt is rooted in a sinful heart, take some time today to pray that God would soften your heart. Ask Him to remove the heart of stone and replace it with a heart of flesh (Ezekiel 36:26-27). Confess any areas of pride that have kept you from trusting Him. Be honest with God about what is standing in the way. You can be assured that He is faithful and fully capable of changing even the hardest of hearts. Your doubt doesn't scare Him. He is ready and able to walk you through every step of healing you need.

PUTTING ON OUR ARMOR

Now that we've taken some time to examine our hearts, it's time to armor up for the journey ahead. Before we tackle our specific doubts, we need to arm ourselves with the truth of God's word. Take some time over the next few days to look up and ruminate on each of the truths and passages below. These truths will act as armor in our journey and our battle against doubt. With these truths firmly in place, we are more secure to challenge what we are doubting and find the right answers.

How do these truths/passages hit you? Do you fully understand and believe them? Take some time to journal or talk with a friend about any struggles you have believing these truths.

- Truth #1: God is good- it's not just something He does or something He likes. It's who He is. His very nature is good. Psalm 107:1
- Truth #2: God is love- again, it's not something He does or something He feels. He literally IS love. It's who He is. 1 John 4:16
- Truth #3: God loves you. You are loved because God is love, not because of anything you have done to earn His love. That is GOOD NEWS! That means that there is nothing you can do to earn His love and nothing you can do to lose it. It is true and firm, an eternal constant. Romans 8:38-39
- Truth #4: God is the source of all wisdom and truth. In your journey to face doubts, you will need wisdom that is stronger and more reliable than man's wisdom. You'll need divine wisdom. And thankfully we serve a God who loves to give His children wisdom. He is the God who speaks, the God who reveals Himself, and the God who leads His people. James 1:5
- Truth #5: God is not afraid of your questions or doubts. He invites you to bring them to Him so that He can give you His truth. He is eager and ready to give you answers and help you understand Him more. There are no "off limits" questions, no questions that will make God turn away from you. Jeremiah 33:3

TESTING YOUR DOUBTS

Now that you have named your doubts, done an honest heart-check as to the root of those doubts, and have armed yourself with some truths about God, it's time to start tackling your doubts.

This first step is meant to be done in your quiet time with God. There will be a time for community in the next step. But creating a habit of first turning to God and His word, asking the Holy Spirit to guide you, and surrendering to the quietness of alone time with Jesus is going to be key in building a healthy relationship with God.

Here are some things to keep in mind:

1. Start with prayer. Ask God to soften your heart and reveal the truth of His word as you study. Ask Him to speak loudly, guiding your heart and mind to His truths alone. Also pray against the enemy that he would have no foothold in your testing.
2. It's okay to use commentaries, footnotes, and other extra-biblical resources. But try to use the Bible as your primary source of truth. Make these resources secondary to God's word and used as tools to better understand what He is saying.
- Some great resources to start with are blueletterbible.com, openbible.info, or biblegateway.com
3. Take time- don't rush through this step. Searching the scriptures for what they say about something is not always a quick task.
4. Listen for the voice of the Holy Spirit guiding you. Ask questions and be still before the Lord, listening to His response. Commit to listening to His voice above the voice of others or even yourself.
5. Remember, it's okay not to be amazing at this. With practice and time your ability to spend time in God's word studying and learning will improve. Start somewhere and don't get discouraged!

For this step, create some space for you do dive deep into the Word of God, prayer, and quiet time to search for the truth about your doubt. Are there any specific verses that come up that counter your doubt? When you look at them in context (in the original language and culture, in the correct context of what is being taught) do you find anything that helps? Make a list of questions you still have after your time studying and be ready to revisit those questions in further study, prayer time, and community.

STEP 3: COMMUNITY

All too often we try to face our doubts on our own, tucked away in secret, afraid to let others in. Sometimes this is because we are afraid of what others will think. Other times it is because we aren't sure that they can offer us the answers we seek. Whatever the reason, we need to be able to bring our doubts into the light of community.

One of the amazing things that God did when He created His Church is that He created us to participate in His work. That means that all of us have something important to contribute to the Kingdom, something unique that God made us specifically for. In Ephesians 4 as well as 1 Corinthians 12 we are told that God gives us each different gifts of the Spirit for the edification (building up) of the body of Christ (that's you and me!)

Once you have spent time with God searching to hear His voice, the next step is to bring what you heard, your questions, and even your frustrations into Christian community. Doing this is important for a few different reasons:

1. When we only listen for God's voice in private, we can easily mishear Him.
2. God designed us for community and often speaks to us through that community.
3. God gifts others in a way that you are not gifted (and visa-versa). When we share in community, we get a more holistic approach to looking at and testing our doubts.
4. Good Christian community holds us accountable to our faith, to what God has spoken in the past, and to what we need to do to move forward in faith. It's way too easy to change our minds or forget what God has said when we are all alone.
5. In isolation we only have our own ability to hear from God. But when we pray, study, and seek God together, we have the collective body's ability to hear from God. God designed His community in a way to amplify His voice through the hearing, receiving, and sharing of the many.

FINDING THE RIGHT COMMUNITY

As you step out into community, you may be asking, “how do I know who I should trust with my doubts and this journey through them?” It’s so important for us to be wise in who we open up to in our times of doubt and vulnerability. We want people with us who will help us to move toward faith and not away from it. We want people who will sit with us in our doubt without judgement or criticism. We want people who will be committed to supporting us and loving us through our struggles.

A few helpful steps that can help you discern who to invite into your journey are:

1. Make a list of people in your life that you think could be a good opportunity for community in this journey. List anyone who comes to mind, even if you are not sure. Does your list include pastors, mentors, friends? What about your small group or life group? Don’t get hung up on how long or short your list is. Just be honest with yourself. Who are the people around you that might be a good source of community?
2. Take that list to prayer. Pray specifically through each person and try to listen for God’s direction. Write down any other names or people that come to mind when you are praying.
3. Narrow down your list by removing anyone who:
 - (a) God specifically told you not to approach about this
 - (b) Are not believers
4. Take your new list back to prayer and ask God to confirm the people He is directing you toward.
5. Reach out to at least one person on your list and explain to them that you are struggling through some doubts. Let them know that you have done some seeking on your own and you would like to ask them to join you in this journey.
6. Once they have agreed to be a part of this journey with you, make some intentional time to share with them your thoughts, frustrations, questions, and doubts. Ask them to be praying with you for God’s guidance and invite them to share with you any ways that God has helped them discern His truth in those particular areas.
7. Meet together on a regular basis to continue working through your doubts, answering questions you have, and reflecting on what you have learned in your continues quiet time and prayer.

OTHER FORMS OF COMMUNITY TO CONSIDER

Sometimes our doubts need more than our small group or close friend can offer. There are times our doubts are strongly influenced by hurt and past trauma. Other times, our doubts are so deeply rooted in fear or anxiety that we cannot push past them. And even still, other times our doubts are a byproduct of chemical misfires or imbalances in our brains.

When this is the case, tackling our doubts can be nearly impossible without the help of professionals who have been trained to help us in unique ways and/or medications that have been developed to help our brains work the way God intended them to. Please hear us, there is absolutely zero shame if you find yourself in this situation. You are not weak. In fact, reaching out for help is one of the strongest, hardest things we can do.

God is such a good God that He not only gave us the Bible, Christian community, the Holy Spirit, and strong Biblical teachers, He has also given us science and certain individuals who are specifically gifted in counseling and therapy. Make no mistake, these resources are an extension of God's grace to us, given by God Himself for the blessing of His children. And as we learn to humble ourselves and receive the FULL blessing of our amazing Father, we learn that leaning into these resources and gifts is not only a good thing, but a way we can learn to worship our amazingly good God even more.

There are some amazing pastors, counselors, therapists, and doctors who are here for you. If you find that your journey through doubt has shown you a need for help from these individuals, we want to support you in whatever way we can. We have specifically created a program at ACF called Hope to Alaska, which partners with local counselors and therapists to get you the resources and support you need at little to no cost to you. Please, if you think you would benefit from some support in this way, do not hesitate to reach out to us.

You can find out more at www.hopetoalaska.com or by emailing hopetoalaska@acfak.org.

STEP 4: HARMONY

The fourth and final step in our journey through our doubts is harmony. As we take this step, we acknowledge some incredibly important things about ourselves, others, and God. Taking all the work you've done in the previous steps, it's now time to learn a new way to walk through doubts that will enable you to identify, question, and process through doubts for the rest of your life.

Harmony is not necessarily about finding all the answers. Some questions will only be answered on the other side of heaven's gates. Instead, harmony is about leaning into the deeper truths that God has taught us about Himself, His love for us, His will, and our immense worth in His design. Harmony is about learning to allow doubts, fears, and questioning to become fuel that drives us into a deeper understanding of God and not away from Him. It's about embracing the life-long journey of getting to know our amazing God and being made into the image of His Son.

And finally, harmony is about turning our eyes outward and upward, learning how to walk in humility and selfless love for others. It's about creating intentional space for others to wrestle with their doubts in a safe place and being people who help others find the truth they seek.

HEALING INWARD

Romans 8:28-29 tells us that “we know that God causes all things to work together for good to those who love God, to those who are called according to His purpose. For those whom He foreknew, He also predestined to become conformed to the image of His Son, so that He would be the firstborn among many brothers and sisters;”

So many times we often read verse 28 and forget about verse 29. God works all things for our good. But we all too often define that good as that which feels comfortable, makes us happy, or builds us up. But in verse 29 we learn what God's good for us really is- to be conformed to the image of Christ.

We serve a good and powerful God who can take even the bad things we walk through and use them for good. He allows those things to be used for His good purpose and redeems them for His righteousness in our lives.

Walking through a struggle with doubt is not fun and is not easy. As we said at the beginning of this guide, doubts are often one of the hardest things we face in our faith. But God allows them. Why? Because when we walk through them in the right way, He uses them to strengthen our faith, build our character, and hone our calling. In the hands of God, our doubts can be the catalyst He uses to form us more into the person we were always meant to be.

Instead of running away from doubts, as we cultivate an attitude of awareness, we can learn to make our first reaction to bring our doubts to our Savior. We can run into them instead of away from them, knowing with certainty that on the other side of what can feel like a dark tunnel through doubt, we will find a better understanding of ourselves and of God. And that promise propels us through the hard work of dealing with doubt.

LOOKING UPWARDS

As we embrace harmony, we start to understand that doubts don't have to turn us inward to fester and degrade. Instead, doubts can act as flashing neon signs pointing us upward toward God and reminding us that every good and perfect thing comes from Him alone (James 1:17).

As we move toward maturity and growth, when faced with new doubts in the future, we can look back on God's faithfulness as we've walked through doubts in the past, reasoning that He was faithful then and will be faithful now. As the writer of Lamentations proclaims, "The Lord's acts of mercy indeed do not end, for His compassions do not fail. They are new every morning; Great is Your faithfulness." (3:22-23)

Harmony means understanding that we will never wear out the faithfulness of God. Our questions will never tire Him, and He will never grow weary of giving us more understanding. We will never reach the end of His promises and we will never run out the breadth of His wisdom. Harmony recognizes that there is always more to learn, more to see, and more to explore in our understanding of God.

And instead of that thought feeling overwhelming, we learn to find comfort in the vastness of our amazing God. We learn to appreciate that God is the God who reveals Himself and is faithful to meet His children in their need. We find joy in the exploring and excitement with each new question, knowing that on the other side of the questions is an even deeper understanding of our amazing God.

TURNING OUTWARDS

Another thing that happens as we embrace harmony, work through our doubts, and learn to lean into the struggles is that our hearts naturally turn outwards. As we gain a deeper understanding of our faith and the amazing God we serve, our compassion, empathy, and love for others naturally grows.

Our doubts become the springboard that launches us into ministry. They open our eyes to the fact that others are struggling with the very same doubts. As we take steps down the path toward wholeness in Christ, we learn to invite others to follow us as we follow Christ. (1 Corinthians 11:1).

Working through doubt and embracing harmony teaches us that we don't have to have everything figured out to be useful for the Kingdom. There is always someone in our life who is a few steps ahead of us that we can learn from. But harmony also recognizes that there is always someone a few steps behind us that we can let learn from us. As we engage in Christian community, we lean into mentorship both to receive from others, but also to give as well. We find our voice and learn to tell our story to the glory of God.

Humility becomes our defining characteristic as we learn that our story was never about us to begin with. We learn to let go of self and grow in a deeper love and meaning than we knew before. These things only come on the other side of doubts, of struggle, and of suffering. These blessings are only found in dying to self and learning to live for Christ.

As we emerge through the battle of questioning and worrying, we learn the joy of loving others above ourselves and offering grace for them on their journey. We start to identify when others are at places in their faith journey that we once were and learn to extend the grace we once needed to wrestle through our doubts and get to where we are today.

It's not about becoming holier-than-thou or becoming prideful. It's about extending the gift of grace that we have also received. It's about getting excited for someone on their journey when they can't yet see the light at the end of the tunnel. It's about recognizing that we're all in this together and joining in the journey with others the way you needed others to join in the journey with you.

FINAL THOUGHTS

Thank you for taking this journey through your doubts. Thank you for the bravery to look them square in the face and bring them out of the shadows. Hopefully at this point you feel like you are armed with some practical and spiritual tools for moving from doubt to faith.

Our culture is in a spiritual crisis and as we sort through what this means for our future, knowing how to deconstruct our doubts without being destructive in the process is key. God wants to use this time in our culture to make Himself known in new and exciting ways. He wants to bring us all into a fuller knowledge of how good He really is and how much He really loves us.

As our culture spins out of control and people find themselves doubting everything they thought they once knew, we as the church are invited into an exciting opportunity to love people in a way that changes lives for the good. But for us to make the most of this opportunity, there are a few things we have to be willing to commit to:

1. Don't be afraid of doubts- yours or anyone else's. Remember, doubt can be the catalyst for a deeper life with Christ.
2. Don't let the doubts of others make you angry. Anger is a tool the enemy uses to divide us and disarm us. Someone's doubts might be sinful (we talked about that earlier on), but we serve the Savior who defeated sin! Let His redemption flow through you. Don't let anger be a barrier.
3. Remember everyone is on their own journey and only God knows how much they can and should work through at once. We can fall into the trap of mapping out someone's journey for them, thinking their journey should look like ours did. Commit to letting God be in the driver's seat and cooperate with His leading in His timing.
4. Keep doing the hard work of identifying, testing, and working through your own doubts. This is a journey that doesn't end. Don't be discouraged when new doubts surface for you to work through. **THIS IS GOOD!** It means that God is shaping you and molding you to look more like Jesus.
5. Let others see your doubts, your vulnerabilities, and your journey. As others watch you on your journey from doubt to faith, it can and will inspire them to take the first steps they need to take. Don't worry if there is resistance. Keep growing and keep shining. God will use it.

We love you so much, ACF! Keep growing, keep shining, and keep pressing into the greatest journey you could ever take!

