

# Guide Sheet

## Spiritual Transformation: Seeking God

**Date:** December 2, 2020

**Big Idea:** Everyone experiences doubt. Doubt is a normal part of our faith journey.

**Scripture:** John 20: 24-31

### Guide Pro Tips

1. All of us have questions about faith but we sometimes may feel awkward or uncomfortable asking them.
2. Doubt comes in various degrees.
3. Embracing doubts and questions can help us get to know and trust God.
4. Living by faith means that we will never know God completely. God is known to us in part, but God is also mystery.
5. We can respond to doubt by seeking.

### Gathering and Centering

#### Read Psalm 121

- Centering Prayer – focus on the words “the Lord is my keeper.” God reaches out to you to keep you in God’s loving care. If you find your mind wandering, just keep repeating “the Lord is my keeper.” Center yourself in this prayer for 3 minutes. If that is too long for you then center your prayer for 2 minutes and 30 seconds.

### Conversation Starters

We are going to try to do this in small groups! 😊

- Share a time when you had difficulty believing something that was told to you. How did you deal with this situation?
- Who is the person in your life who you trust the most? Why do you trust them?
- If I told you that the world is flat and the sun circles around the earth, would you believe me? Why did you respond the way you did? If you do not believe me, what would you do?
- If I told you that Jesus loves you would you believe me? Why did you respond the way you did?

### Introduction to the Big Idea

- Read John 20:24-31 or watch [https://www.youtube.com/watch?v=gMJS\\_Lcns7k&feature=emb\\_title](https://www.youtube.com/watch?v=gMJS_Lcns7k&feature=emb_title)
- Watch video by Pastor Pam

## Bible Study

*Doubt is a frequent characteristic of people in the Bible as it is for us. Read the following bible verses and identify how people responded to doubt.*

Read Matthew 14: 22-33

Peter had faith and was seeking God when he walked on the water but what happened?

Read Luke 24:36-43

This is Luke's account of our John 20 reading for today. You will notice some similarities. The disciples are startled and terrified. How does Jesus respond? How would you respond to seeing Jesus if you were one of the disciples?

Read Acts 1: 1-5

Do you think this scripture would help remove doubts of who Jesus is? Why or why not?

## Journal Activity and Question

Write down in your journal one question or more that you wonder about, or one or more doubts that you carry.

As you go about the days ahead know that you are blessed for your faith even amid the doubts. The Lord is strong enough to bless your faith, bear your doubts and use even people like you and me to make a difference in the world God loves so much. Your doubts may linger for a long time, or some of your questions will be answered in a few weeks. Perhaps you will find you can live fine trusting in God even without having all the answers.

Draw a line. Identify major events in your life on that line, starting with birth on the left-hand side and moving onward in your life.

Next look at those major events in your life and correlate them with the age when the event occurred. Now, identify where God was in your life during those times. Note if God was with you, or if God felt absent, quiet, or loudly present or something else. When you wonder if you can trust God you can look at this map and see where God has always been present and faithful in loving you no matter if it was a hard struggle or a joyful time.

We are assured by God's love through Jesus that he is with us always. God, as the psalmist tells us in Psalm 121 is our keeper always keeping watch over us. You will have times in your life, if you have not already where you will doubt, but you can also seek God, and be reminded of God's love for you as you look back on this timeline and see how faithful God has been in the past. Assurance that God is faithful in the present and in the time to come. God is a God who keeps God's promises.