

Dealing with emotional doubt.

Brief Definition of Religious Doubt:

Uncertainty regarding God, or our relationship to Him.

Common examples of questions:

- Is Christianity true?
- Why don't I have assurance?
- Why do bad things happen to good people?
- How should I handle God's silence, such as with my prayers?

Major Families of Doubt:

1. Factual or philosophical doubt
2. Emotional Doubt
3. Volitional Doubt

Suggestions regarding Factual Doubt:

- Apologetics & the truth of the Gospel data
- Stay on target—follow the Yellow Brick Road

Suggestions regarding Emotional Doubt from Scripture:

- Identifying emotional doubt
- Biblical cases
- Biblical texts: various techniques

Emotional Doubt:

- Philippians 4:6-9:
 - Pray (4:6; 1 Peter 5:7)
 - Thanksgiving & praise (4:6b; 8b)
 - Changing our anxiety thinking (4:8)
 - Practice, practice, practice (4:9)

Treating Emotional Doubt:

- Albert Ellis' A-B-C Method
- Primary & secondary misbeliefs

Final Conclusions

- Expect Doubt Challenges
- Identify the Predominant Variety
- Be Diligent in Practicing Specific Applications
- Spiritual & Personal Growth