



“Thomas, because you have seen Me, you have believed. Blessed are those who have not seen and yet have believed.” (John 20:29)

» Doubt

Why did Thomas doubt?

- ▶ It was not common for people to rise from the dead



Can one have doubt and faith at the same time?

- ▶ David
- ▶ “Answer me speedily, O Lord; My spirit fails! Do not hide Your face from me, Lest I be like those who go down into the pit.” (Ps. 143:7)
- ▶ Apostles



Doubt is not the same thing as disbelief

- ▶ “And immediately Jesus stretched out His hand and caught him, and said to him, O you of little faith, why did you doubt?” (Matt. 14:31)
- ▶ “Beware, brethren, lest there be in any of you an evil heart of unbelief in departing from the living God.” (Heb. 3:12)
- ▶ Doubt is *“I can’t believe.”*
- ▶ Disbelief is *“I won’t believe.”*



How do I transform my doubts into increasing faith? (1)

- ▶ **Pray for faith and understanding**
 - “Immediately the father of the child cried out and said with tears, Lord, I believe; help my unbelief!” (Mk.9:24)
 - *“I believe that I might understand.”* (St. Augustine)
- ▶ **Know that God accepts us with our doubts**
 - “Then the eleven disciples went away into Galilee, to the mountain which Jesus had appointed for them. When they saw Him, they worshiped Him; but some doubted.” (Matt. 28:16–17)

How do I transform my doubts into increasing faith?⁽²⁾

- ▶ Recognize your doubts and search for answers
- ▶ Time
 - Ex: Abraham
 - “But those who wait on the Lord shall renew their strength; They shall mount up with wings like eagles, they shall run and not be weary, they shall walk and not faint.” (Is. 40:31)



How do I transform my doubts into increasing faith?⁽³⁾

- ▶ **Touch the Lord Jesus**
 - *“We can only know God by experience.”*
(Matthew the Poor)



Summary

- ▶ Can one have doubt and faith at the same time?
- ▶ Doubt is not the same thing as disbelief
- ▶ How do I transform my doubts into increasing faith?
 - Pray for faith and understanding
 - Know that God accepts us with our doubts
 - Recognize your doubts and search for answers
 - Time
 - Touch the Lord Jesus