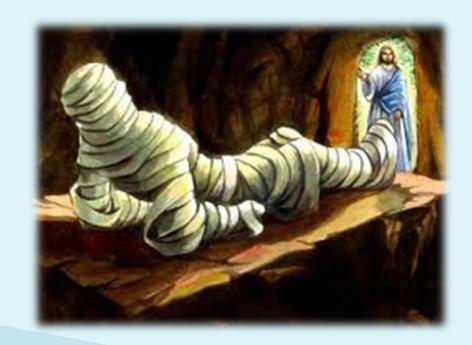


"Thomas, because you have seen Me, you have believed. Blessed are those who have not seen and yet have believed." (John 20:29)

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