

## Doubt

My aim in this in many ways is to dispel many of the cultural Christian faux pas about confessing what feels like the riskiest thing to share in Christian culture - Doubt. Principally speaking it's clear why this is the most "inappropriate" sin to confess. If one were to confess the sin of lust and all of its different forms and fallings to a brother or sister in Christ- the shame that comes from such a confession flows from the foundation that Christianity is implicitly true. Still so, it is this way with any public or private confession of sin struggle to a brother or sister, all such confessions are built on the foundation that what we believe collectively about Jesus Christ is right and true. This is what makes doubt distinct. How can one confess something that questions the very necessity of confessing in the first place?

I have struggled on and off with doubt my whole life. As I said before my primary aim is not to necessarily solve all your doubt (Though I will provide my own personal defense of Jesus Christ in this letter), but to make you feel comfortable enough to be able to share it. I would even argue that doubt can be a good thing if it is engaged with truth. I say this because as I have wrestled with doubts over the year and engaged those doubts with truth my faith in and understanding of God has only grown deeper. I truly believe that God does not fear examination. Why should He, He is God! So don't push doubt down, don't disengage from thinking. Rather do the opposite - love the Lord your God with all your heart, soul and MIND (Matt 22:37) - so doubt and think and examine and draw in deeper and deeper.

I have at one time or another asked myself all of the following questions:

*Is Jesus really God? Does God exist? Did God really create us? Is the bible true? Isn't it possible or even likely that there are books that should be in the bible that aren't? If men wrote the bible, how can it be God's word? I understand that people say these men were "inspired by the holy spirit" but how can we be sure? Are we really born sinful? Or are we basically okay and the idea of sin is contrived simply to drive people to this fake Jesus? Is faith really enough to save me from the punishment I deserve?*

I have wrestled with these questions and so many more. I can truly say to you that the reason I am writing to you now is not that I have solved all my problems of doubt and no longer struggle with it anymore, but that God has shown me that through this all he is Still God. He has shown me in the end, in the midst of the rocking of my feeble faith, it is not I that clings to him but it is he that holds onto me (John 6:39, Phil 1:6). He has shown me in the middle of my failure to trust in Him that He has deeply loved me in my darkest hour. He has shown me in the pit of night when I am nearly sure he is not real and I lack the desire to follow him, prone to wander as I am, my God and my Savior has not let me go and he never will.

For some practical helps to address your doubts:

In order to battle my doubt and fight these questions with foundational truth, I have taken to the task of articulating my thoughts on paper. In doing this I write out my questions/doubts to see them more plainly so I can answer them well as opposed to just wrestle with them or feel frustration or shame because of them. I then write out biblical truths in relation to doubts to remind myself of the faith to which I claim. This is not an 'end-all be-all solution' but it has proven to be a tremendous comfort to me in times of doubt and pain. I pray that it is an aid to you as well.

Doubting friend, do not hide. Confess your doubt to someone who is a counselor or leader or Christian brother/sister who you know love you and God's Word. Consider the person of Jesus and run to him with your concerns. Cry out to a God who you do not even know if he exists and beg him to give you a peace and comfort and knowledge of him that surpasses your own understanding. Seek him out. Pray without ceasing. Wait on the Lord. Do these things and I know that you too will come to realize that even when your heart is apathetic, doubting, cold, and distant from God, His heart burns just as hotly with a passionate love to save you and make you His own as the day you first believed? He will never let you go and His love never fails.

*If you would like to reach out to talk with someone, please send a message to [strugglewell@allthingsministries.com](mailto:strugglewell@allthingsministries.com)*

*This account is only accessed by our full time staff at All Things Ministries. Our staff has a combined experience of walking with college students through issues like this for well over 20 years. They look forward to either walking through this with you to help you "struggle well" in it or connecting you to someone with greater experience than themselves in the specific area you are struggling with. They will not connect you to anyone else or share any of your information without your direct consent.*