



Sermon Discussion Guide¹

John 20:24-29 | Derek Wells

“How to Answer Your Doubts”

Sunday Morning, May 14, 2023

Big Idea: The person and work of Christ gives us the foundation of belief, even in seasons of doubt.

Outline

- Thomas' doubt
 - Thomas' demand
 - Thomas' deliverance
1. Read Jn 20:24-29. What stands out to you most from this passage?
 1. **Objections:** Expressing doubts can be a step towards someone believing in Christ. When is the last time you heard an objection to Christianity? How did you respond?
 2. **Doubt Doubts:** Tim Keller tells us to “doubt our doubts.” What does he mean by that? What does that look like for you this week?
 3. **Mentor:** Jude 22 says to “have mercy on those who doubt.” Did anyone have a mentor/friend that was good at helping you answer questions about Christianity?
 4. **Moral or Intellectual?** Often, doubts about Christianity are rooted in a desire to live the way we want (i.e., the doubting is “more *moral* than *intellectual*”). How should we respond to someone whose doubts seem more moral than intellectual?
 5. **The Lord's Supper:** Derek asked the question, “If Christ isn't *physically* present in the Lord's Supper, then what is the significance of him being *spiritually* present?” Answer: we must remember that the spiritual is just as real as the physical. With the help of the catechisms, how does communion aid our assurance?²
 6. **Trials:** Spurgeon said that trials are like the ocean which toss us upon the shore of Christ. What trial (big or small) are you going through that is prompting you to lean on Christ?
 7. **Christ:** Verse 28 is an astonishing claim to Christ's divinity. How has Jesus been your Rock, even in seasons of doubt?
 8. Feel free to read these words of John Newton about trials and assurance before closing in prayer:

“Assurance grows by repeated conflict; by our repeated experiential proof of the Lord's power and goodness to save. When we have been brought very low and helped, when we have been sorely wounded and healed, when we've been cast down or raised again and have given up all hope and then suddenly snatched out of danger and placed in safety; and when these things have been repeated to us and in us a thousand times over, we begin to learn to trust simply to the word and power of God beyond and against all circumstances.

This trust when habitual and strong bears the name of assurance.”

¹ SDGs are available every Monday evening. Just go to the Small Groups page on the church website.

² Let Heidelberg Catechism 75 and Westminster Shorter Catechism 96 be your guide.