



01/21/2024 "Jumpstart Your Life"

1. What stood out to you from this week's message? Why?
2. When you think of doubt what comes to mind? How have you seen churches or Christians address doubt?
3. Read Luke 7:18-22. What type of person was John the Baptist expecting Jesus to be? Why is this important?
4. What prompts John's doubt about Jesus? (See Luke 3:18-20 and John 11:2-3)
5. John is authentic and honest about his doubts. How might this passage speak to individuals who are grappling with doubt or questions about their faith?
6. There is a fascinating story in Mark 9:19-27 that recounts the famous line, "Lord, I believe; help my unbelief!" What do you think is meant by this statement? How does this statement and Jesus' response to it inform our understanding of belief and doubt?
7. What are some healthy ways to express doubts and struggles in your faith?
8. Can doubt serve as a catalyst for spiritual growth and transformation? Why or why not?
9. How can dialogue and open communication within a faith community help address doubt?
10. How can you support others experiencing doubt in their faith journey? What is most helpful to you when experiencing doubt?
11. In what ways does "being real" help promote deeper conversation and move our spiritual growth forward?
12. How can you take a step toward "being real" in your group and in your conversations about faith?