

Getting Real About Dealing With Doubt



CHRISTIAN WOMEN'S CORNER
7-DAY DEVOTIONAL JOURNAL

Welcome

IT'S TIME TO DIG A LITTLE DEEPER INTO DEALING WITH DOUBT.

This 7-day devotional journal was created to complement our [Getting Real About Dealing With Doubt](#) blog post. Journaling is a great way to help you digest what you're learning through the written word. We hope you find this useful when you're dealing with your own doubt. God will give your strength! Enjoy your journaling time!

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Waiting For A Miracle

He pleaded earnestly with him, "My little daughter is dying. Please come and put your hands on her so that she will be healed and live." – Mark 5:23

Jairus was a religious leader who came to Jesus. He fell to his feet and begged the Rabbi to come to his home, explaining that his beloved daughter was dying. He knew if Jesus would but lay hands on his girl that she would be well.

But while Jesus is traveling with Jairus, the tragic news comes—the little girl has died. It sounds like the final chapter in a sad story. But Jesus tells the leader not to be afraid and to have faith. It's an odd command to give a man who's just lost his daughter.

When Jesus does arrive at the home, He looks over the grieving crowd and makes a bold statement, "Why all this commotion and wailing? The child is not dead but asleep." (Mark 5:39)

How does the crowd respond to the words? Do they receive them with gladness, filled with faith and eager to see the coming miracle? Do they hurry up to the room to witness this inspiring moment?

No. Sadly, the crowd laughs because they lack faith.

Unfortunately, that still happens in the world today. God has spoken a word to you. Maybe He's told you that He'll restore your marriage, heal your son's addiction, or remove that cancerous tumor.

Yet the people around you don't believe. They can't see God's hand yet, so they doubt what you heard. In these moments, it's tempting to let their doubts become your doubts.

But keep in mind that the crowd's lack of faith did not hinder the miracle. Indeed, God's glory was all the more powerfully shown because so many doubted. So, don't despair if you haven't seen your miracle yet!

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God, grant me faith in the middle of the doubting crowd. Give me the strength to stand alone and trust Your word. Thank You for what You are about to do for me! In Jesus' name, Amen.

Journal Your Thoughts

1. Have you ever seen a miracle? What happened?

2. What would you say to Jairus if you could talk to him before the miracle?

3. What situation has God promised you a miracle in? Are you recording your journey so you can look back on it later?

Are You The One?

“Are you the one who is to come, or should we expect someone else?” –
Matthew 11:3

It's a simple question but tinged with heartache, “Are you the one who is to come, or should we expect someone else?”

John the Baptist sent his disciples to ask Jesus the question. But John was no ordinary Christian. He was the cousin of Jesus. He had most likely grown up playing games with Him and seeing Him during annual family get togethers.

But more than that, John had been a faithful proclaimer of Christ. He was the one who stood boldly in the wilderness proclaiming, “Prepare the way for the Lord!” (Isaiah 40:3, Mark 1:1-3).

In fact, it was John himself who had baptized Christ. He'd been there when the Spirit had descended and a voice from Heaven had boomed out, “This is my Son, whom I love; with him I am well pleased.” (Matthew 3:17)

Yet circumstances have changed, and John has found himself imprisoned. Frightened and hurting, John begins to doubt.

Maybe you've never been in a physical prison, but you've been in an emotional, spiritual, or mental prison. It's the hurt from the spouse who won't stop cheating. It's the pain of depression that isn't improving. It's the sting of betrayal from the friend who gossiped about you.

And like John, your doubts suddenly seem a whole lot bigger than your faith. What does Jesus do in these moments? Does He chastise you? Does He turn a blind eye to your pain? Does He reprimand you?

No, he tells John's disciples to send a message that, “The blind receive sight, the lame walk, those who have leprosy are cleansed, the deaf hear, the dead are raised, and the good news is proclaimed to the poor.” (Matthew 11:5)

In essence, Jesus was saying the same thing He says to every weary, doubting heart, “I am still at work. I know you can't see that in the middle of the pain. I know things look dark right now. But I am on the scene.”

God, be with me when I doubt. Sometimes, the pain overwhelms me, and my faith deserts me. Help me to remember You are with me and You are at work. In Jesus' name, Amen.

Journal Your Thoughts

1. Have you ever gone through a period of intense doubt? How did that affect your faith?

2. When are you personally tempted to doubt God the most?

3. What do you do with your doubts? Do you hide them away or bring them to Jesus?

A Mother Who Doubted

“Sarah became pregnant and bore a son to Abraham in his old age, at the very time God had promised him. Abraham gave the name Isaac to the son Sarah bore him.” – Genesis 21:2

Sarah had once imagined sticky handprints on the walls, bedtime cuddles, and Saturday mornings spent with a child. But the years had slowly turned into decades and there was no baby.

She had cried more tears than there were in the sea. Eventually, she reached a place of painful acceptance. She let go of the dream and accepted that a child would never come from her womb.

But one day, she overheard her husband, Abraham, talking to two strangers. Angels the Lord had sent who promised that she would bear a son.

Abraham and Sarah were already very old, and Sarah was past the age of childbearing. So Sarah laughed to herself as she thought, “After I am worn out and my lord is old, will I now have this pleasure?” (Genesis 18:11-12)

Sarah’s laughter revealed her inner doubt. She smoothed her hand over her flat belly and sighed. Nearly ninety, her youth had faded. Yet her doubt didn’t stop God from giving her a son.

Sarah’s story proves that God can still work a miracle even when we struggle with doubts. His miracles are not dependent on you or what you do, for He is the Eternal God.

God, help me in the middle of my doubts. I’m trusting You to redeem this situation in Your way and in Your timing. In Jesus’ name, Amen.

Journal Your Thoughts

1. What dreams are unfulfilled in your life?

2. Has God ever made an audacious promise to you?

3. What's the #1 dream would you love to see God fulfill in your life?

Love Those Who Doubt

“Now Thomas (also known as Didymus), one of the Twelve, was not with the disciples when Jesus came.” – John 20:24

Henry had been a pastor for over twenty years. He loved the little church he ministered over and delighted in serving them. He watched children grow up to become adults who brought their littles on to the Sunday services.

But when his own daughter returned from college questioning her faith, Henry felt like a failure. He searched and searched, trying to understand what he'd done wrong. He was terrified to share his daughter's questions with the congregation.

He finally reached out to a mentor. The older man listened to him as Henry poured out his heart, uncertain of how he should respond to his daughter. Finally his mentor said, “Do you know what Jesus did with Doubting Thomas? He let him to touch his scars. Jesus doesn't shoo away doubters, rather he invites them closer.”

When loved ones doubt their faith or question God, it can be upsetting. We worry that we've failed, and we wonder how to show them love in the middle of their doubts. Follow Jesus as your example—invite them to bring out their doubts. Let them wrestle through this season. You never know what Jesus will reveal to them.

Jesus, I pray for (name). I think they're doubting their faith and that scares me. Oh show up in my loved one's life! Reveal Your gentle touch... show them Your scars and let them know they can trust you. In Your name, Amen.

Journal Your Thoughts

1. Who do you know that is expressing doubts about their faith?

2. Do you give others space to ask hard questions and explore what they believe?

3. How has Jesus let you “touch his scars” and revealed Himself to you?

Faith Through The Storm

“A squall came down on the lake, so that the boat was being swamped, and they were in great danger.” – Luke 8:23

Normally, the rocking rhythm of a boat on the water would put Peter right to sleep. A fisherman before he gave it all up to follow Jesus, he was used to rough nights on the water.

But there was something different about this storm. There was an eerie feeling in his gut that Peter just couldn't shake. He glanced around to see the other disciples talking among themselves.

Through the driving rain, Peter began to wonder where Jesus was. When he'd looked everywhere, Peter went below deck and was astounded at what he saw. There was his Jesus, sleeping as peacefully as a baby! Didn't He see what was happening?!

He wastes no time, grabbing onto Jesus' shoulder. He shakes him forcefully. “We're about to drown here!” His urgency is unmistakable.

Jesus immediately rises and calms the storm. “Where is your faith?” he asks in the sudden silence.

When we encounter storms in life—like a serious diagnosis, the death of a friend, or the abandonment of a loved one—it can feel like we're going to drown. The pain is threatening to take us under, and we doubt we'll survive that rip tide.

It's in these moments that we doubt that we ask, “Are you asleep at the wheel, Jesus?”

But just as Jesus proved He was in control of the wind and waves that night, He's in control of your storm, too. The pain won't last forever, and the skies will clear again. God is holding onto you today, beloved.

God, help me when I'm tempted to freak out. Sometimes, I focus on the storm rather than on Your power. Help me to rest in Your embrace today. In Jesus' name, Amen.

Journal Your Thoughts

1. What storms are you facing in your life?

2. When have you been tempted to believe that Jesus was asleep at the wheel?

3. How has Jesus calmed the storm within you?

Red Sea Faith

“As Pharaoh approached, the Israelites looked up, and there were the Egyptians, marching after them. They were terrified and cried out to the Lord.” – Exodus 14:10

The Israelites had been freed from Egyptian captivity after four hundred years. God had done a series of miracles to set them free. Now, they were journeying away from everything they'd known.

For the first few miles, the journey must have felt exciting. But as the hours passed, doubts crept in. Where would they go? How were they going to survive the harsh desert climate? Where would they find food and water? What was God doing in the middle of all this?

Then the news comes—the Egyptians have decided to pursue them. They're hemmed in by the Red Sea on one side and the cruel army on the other. They panic, demanding to know from Moses if God has led them this far only to let them die.

Have you ever stood in the same place? God led you out of one place but now you're dealing with new terrors.

Maybe God delivered you from an abusive marriage but now you're worried about how you're going to raise your children as a single parent. Maybe God delivered you from an addiction but now you're overwhelmed at the thought of sobriety.

When God uses you in battle, be wary. Others may look to you to be their ruler. But the only One who is fit to rule is God.

What looked like a promising new beginning seems to be another ending...or is it? God used the Red Sea to show His power and strength. Just as He made a way for the Israelites, He can make a way for you. Lean into Him in the middle of your wilderness journey.

God, I thought this was a new beginning but now it feels like an ending. Please give me faith to trust You during this time. Remind me again that You always come through during the Red Sea moments. In Jesus' name, Amen.

Journal Your Thoughts

1. What scary unknowns are you facing?

2. What are you afraid will happen?

3. How often do you praise God for deliverance before it happens?

Deeper Than Your Doubts

“Can anything ever separate us from Christ’s love? Does it mean he no longer loves us if we have trouble or calamity, or are persecuted, or hungry, or destitute, or in danger, or threatened with death?” – Romans 8:35 (NLT)

In the middle of the night, the minister’s pain was intense. Afflicted since he was a child, this was a new depth of agony he’d never experienced. And in a moment of weakness, he doubted God’s love. He doubted that God cares as much as He says He does.

In the cold morning light, the minister felt such shame. How could he think the worst of his Savior who has only ever worked for his good?

These are the moments that make you think you’ve gone too far. You think your doubts, your fears, your sins, your insecurities—they’re too big. You can’t erase them.

Oh, but dear one, there’s a promise tucked away in Psalm 138:8 that you can cling to in moments like these...

“The LORD will work out his plans for my life—for your faithful love, O LORD, endures forever.” (NLT)

No matter how big your doubts or how deep your pain, God’s plan for your life, it’s still going to work out. And His love for you? It endures forever.

God, I’m worried. I think I may have gone too far, and my doubts are too big. But You are bigger than my doubts. You are much too gracious to ever let go of me. You are the Shepherd that gathers all Your sheep back to You. Please comfort me today. Remind me that Your love is faithful, and it endures forever. In Jesus’ name, Amen.

Journal Your Thoughts

1. Have you experienced chronic pain that troubled you?

2. When are you tempted to believe that you've gone too far?

3. How often do you meditate on God's endless and enduring love for you?
Write out Romans 8:38-39 in the space below.

Congratulations!

**You completed the 7-day Getting Real About Dealing With
Doubt devotional journal!**

**Our hope is that when you feel doubt in your life that you will
know that God is near, He will always be with you and it's
okay to have doubts. Bless you.**



Join Our Facebook Group For Friendly Accountability And Community



The Christian Women's Corner private Facebook group was created with you in mind. CWC's goal is to provide and facilitate encouragement, accountability, and community for Christian women.

The CWC private Facebook group includes both Christian Women's Corner and Good Morning Girls resources.

What is Good Morning Girls?

Good Morning Girls meets online daily to keep each other accountable in God's word and in prayer as we read through the Bible cover to cover just one chapter a day.

We're excited and hope you will join our private Facebook group to start reading the word of God daily and have the accountability to keep up this habit and read through the entire Bible with us.

To find out more about the Christian Women's Corner Facebook group, please click the green button below.

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About The Author



Alicia Bowyer created Christian Women's Corner after talking to a good friend one day. They discussed how hard it was to keep up with daily prayer, Bible reading, and telling others about Jesus who didn't share their faith. She knew that some might not struggle with these three things, but many do.

She wanted to take the knowledge that she gained from over 40 years on her Christian walk and help others.

Alicia lives in Barrie, Ontario, Canada, with her family, whom she loves dearly.

To find out more, visit: www.ChristianWomensCorner.com