

What doubts trouble you most?

Additional Thoughts:

Are these doubts the result of unbelief that is looking for proof, or are you sincerely asking God for wisdom?

Do you regularly spend time in God’s Word to replace doubt with truth? If not, a good way to do this is to write your doubts in one column, find Bible verses that give the truth of God’s Word about the particular doubt you are having, and write them in a second column, so you can begin applying the truth of God’s Word to your particular situation. If yes, what are some methods that have been helpful for you, and what are some of the verses you meditate on?

The video gave ways to discern which thoughts are your own and which thoughts are from the devil. How would you go about discerning your thoughts from the thoughts that are from the devil?

Ways to Overcome Doubt

1. Take every thought captive.

The Apostle Paul writes, *“We destroy arguments and every lofty opinion raised against the knowledge of God, and take every thought captive to obey Christ” (2 Cor 10:5 ESV).*

What are some specific “arguments” or “opinions” in your thought life that you would like to take captive?

Additional Thoughts:

What does it look like for you to take your thoughts captive?

What are other things that you can implement to rid yourself of the thoughts and doubts that are against the knowledge of God?

2. Study the truth.

In Second Timothy, Paul writes, *“All Scripture is breathed out by God and profitable for teaching, for reproof, for correction, and for training in righteousness”* (2 Tim 3:16 ESV).

What are some ways you can study and use Scripture to distinguish true thoughts from untrue or doubtful thoughts?

What are some ways Jesus modeled for you to conquer doubts or lies from the devil?

How frequently do you think you will need to utilize these practices?

Additional Thoughts:

Recap

The Bible is full of truth about God addressing people who are overcome by doubt. It also emphasizes that God walks alongside you during times of great distress. You don't need to live in a state of doubt when you know that God is true to His Word.

1. Ask yourself what your specific doubts are.
2. Realize that not all thoughts are your own.
3. Ask yourself if it is unbelief looking for proof or if you are sincerely asking God for wisdom.
4. Ask God for wisdom.
5. Be controlled by the Holy Spirit.
6. Make sure you are studying the Bible.
7. Take every thought captive and be obedient to God's word.

Live It Out

- Identify your doubts.
- Know that these thoughts of doubt may not be your own.
- Pray and ask God for wisdom.
- Read your Bible regularly, especially when doubt creeps into your thoughts.
- Write out specific Bible verses that speak to your particular doubts and post them where you can read them frequently.

Salvation through Jesus

If you don't know Jesus as your Lord and Savior, we encourage you to visit www.anchorpointmedia.org/the-truth. There you will discover the truth of who Jesus is and how you can have a relationship with Him.

About Dr. Darryl DelHousaye:

Dr. Darryl DelHousaye is a renowned expository Bible Teacher who's able to communicate effectively to all generations. He has over 50 years of local church experience, starting as a youth pastor at Grace Community Church and then as senior pastor of First Baptist Church of San Lorenzo Valley. Most recently, he served as Senior Pastor of Scottsdale Bible Church for twenty-five years, and as President and Professor of Practical Theology at Phoenix Seminary where he now serves as Chancellor.

About Anchor Point Media

We create Christ-centered videos and material to encourage people to seek the Truth of who Christ is and to grow deeper in their relationships with God.

We partner with Bible scholars and Bible-teaching pastors & leaders who teach biblically-sound doctrine. The teachers we work with have hearts to reach the lost, to bring hope to the hopeless, and to strengthen relationships with our LORD & Savior.

With God's help, we are actively transforming lives with the Love, Truth, and Hope of Jesus.

Discover more videos from the Overcome series, as well as other series, at www.anchorpointmedia.org.

Bibliography:

Granlund, Ruth *"Doubt: A Common Temptation Among Believers."* ACBC (Nov 17, 2021).
<https://biblicalcounseling.com/resource-library/articles/doubt-a-common-temptation-among-believers/>.