

## DOUBT OVERCOME

Doubt can paralyze us by causing us to question or overanalyze situations and circumstances in life. It will, no doubt, keep us from	Additional Thoughts:
fulfilling God's best for us. The Bible addresses the topic of doubt and how it can rob us of our joy and of our assurance of faith, and how we can overcome our struggle with it.	
In Overcome Doubt, Dr. Darryl DelHousaye addresses the stronghold of doubt. He provides real solutions and sound biblical teaching to overcome and be free from this battle.	
<b>First:</b> Watch the <i>Overcome Doubt</i> video, featuring Dr. Darryl DelHousaye, Pastor Emeritus of Scottsdale Bible & Chancellor of Phoenix Seminary.	
*Please note: We use the first person throughout our study guides. We do this with the hope that it will enable you to overcome your personal struggle (in this case with doubt) and to grow in your	
personal relationship with God.	
Dive Deeper	
"If any of you lacks wisdom, let him ask God who gives generously to all without reproach, and it will be given to him" (James 1:5 ESV).	
Dr. Darryl DelHousaye makes the distinction that it is necessary to determine whether your doubting encompasses unbelief that is	
looking for proof or is it more of a case that is wanting God to grant you wisdom to understand.	
Read John 13:2. The story of Judas' betrayal of Jesus is a prime example of how doubts can lead to extremely dumb decisions. Have you ever wondered where your thoughts of doubt are coming from?	

Read John 13:27, Psalm 37:4, and Philippians 2:13. How does	Additional Thoughts:
realizing that both God and the devil give you thoughts change your perspective about how to manage your thought life?	
How would you know for certain who is giving you certain thoughts?	
When answering this question, keep in mind that the devil can be very crafty.	
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When you realize that not all thoughts are your own, the importance of 2 Corinthians 10:5—where Paul says to "take every thought	
captive"—makes more sense. Have you ever questioned your faith? If yes, where did that questioning lead you?	
How do you discern whether the Holy Spirit or the devil is giving you	
certain thoughts?	

"The Spirit himself bears witness with our spirit that we are children of God" (Rom 8:16 ESV).	Additional Thoughts:
How does knowing Scripture help you determine that it is the Spirit of God who is speaking to your spirit?	
Read Ephesians 5:18 and then Ephesians 5:17. How does being controlled by the Spirit of God help get rid of your doubts?	
Do you regularly spend time reading the Bible to replace your doubts with God's truth? If yes, what are some methods that have been helpful for you, and what are some of the verses you meditate on?	
A good way to replace doubts with biblical truth is to write your doubts in one column, find Bible verses that give the truth of God's Word on the matter, then write them in a second column, so you can begin to apply the truth of God's Word to your particular situation.	
Ways to Overcome Doubt	
1. Realize that is it unbelief looking for proof, or do you sincerely have questions that you are asking God in order to obtain wisdom.	

2. Study the Truth.	<b>Additional Thoughts:</b>
The more time you spend with God reading Scripture, memorizing it, and communicating with God in prayer, the more you will discern what God is sharing with you. How does studying the Bible give the Holy Spirit the ability to reveal God's truth to you?	
3. Obey the Word of God	
What are other things that you can implement to rid yourself of the thoughts and doubts that are against the knowledge of God?	
What commands that God reveals in Scripture could you act upon now?	
Recap	
Other than your own thoughts, two other sources can enter your thought patterns: one to cause confusion and doubt, and the other to bring about security in discerning the truth. The Bible is full of truth about God addressing people who are overcome with doubt. It also emphasizes that God walks alongside them (and 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.	
Pastor Darryl stated the following ways to overcome doubt:	
<ol> <li>Ask yourself what your specific doubts are.</li> <li>Realize that not all thoughts are your own.</li> <li>Ask yourself if it is unbelief looking for proof or if you are sincerely asking God for wisdom.</li> <li>Ask God for understanding.</li> </ol>	

<ul><li>5. Be controlled by the Holy Spirit.</li><li>6. Make sure you are studying the Bible.</li></ul>	Additional Thoughts:
7. Study the Bible, and be obedient to God's word.	
Live It Out	
Identify your doubts.	
<ul> <li>Know that these thoughts of doubt may not be your own.</li> </ul>	
Pray and ask God for wisdom.	
<ul> <li>Read your Bible regularly, especially when doubt creeps into your thoughts.</li> </ul>	
Write out specific Bible verses that speak to your particular doubts	
and post them where you can read them frequently.	
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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, bring hope to the hopeless, and 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.