

HOPE FOR THE DOUBTING HEART

*Discovering God's love
through your questions,
uncertainties and failures*



YOU ARE NOT ALONE

RESTING IN ASSURANCE

**REFLECTION: *STANDING ON SOLID
GROUND***

HAVE I GONE TOO FAR?

FINDING WORTH AND TRUE IDENTITY

REFLECTION: *HELD IN HIS HANDS*

PRACTICAL STEPS FORWARD

YOU ARE NOT ALONE

You may be experiencing questions, uncertainties, or doubts about your faith. ***You are not alone.***

Throughout Scripture and Christian history, countless believers have wrestled with doubt. Uncertainty is a part of the journey. Doubt is not the opposite of faith, but often a step toward deeper, more authentic belief.

God is also not surprised, disappointed or threatened by your questions. He invites you to come, to ask, to seek, and to find. God always welcomes honest dialogue.

Key Truth

Doubt is not a sign you have lost your faith or never had it. It should be seen as an invitation to come closer to God and resolve the issues that unsettle your heart.

Doubt can feel uncomfortable. In those times, God wants to meet us and our questions to gently lead us to truth and peace. When you bring uncertainty to God, He does not reject or judge you. He is ready to remind you that His love is steady and unfailing even when your feelings are not.

Key Verses

Mark 9:24 - Jesus doesn't reject the father who says, "[I believe; help my unbelief!](#)"

John 20:27 - Jesus invites Thomas to touch his wounds rather than rebuking him for doubting.

Luke 7:18-23 - When John the Baptist questions if Jesus is the Messiah, Jesus sends evidence rather than condemnation.

Jeremiah 33:3 - God assures those who sincerely seek Him that He will provide a response and reveal truth.

Genesis 32:24-30 - Jacob literally wrestles with God and is blessed for it, receiving the name "Israel" (meaning "struggles with God").

RESTING IN ASSURANCE

Many Christians throughout history have struggled with assurance of salvation. We look at our failures, our inconsistent faith, and our slow growth, and we wonder: "Am I really saved?"

Others fear they haven't done enough or said the "right words" to be saved. These feelings may come and go, but God's promises stand firm forever.

The Bible teaches that salvation is a gift, not a reward for good performance. It is anchored in Christ's finished work, not your ability to feel assured or perform perfectly. When you place your trust in Jesus, you are immediately saved and received into His kingdom.

Key Truth

Salvation is a gift and not something we earn. We often seek assurance of this in the wrong places. We look to our feelings which change daily. We evaluate our spiritual performance which always fluctuates. We may look to our good works which are never enough. And we may evaluate our obedience which is imperfect.

Instead, look to God's Word and promises. Then answer three simple questions:

1. Do you believe that Jesus died to pay the penalty for your sins?
2. Do you believe He rose again from the dead?
3. Are you trusting Him alone for salvation?

If your answer is "yes," then according to God's Word, you are saved. Your assurance is based on God's unchanging promise, not your changing feelings.

Key Bible Verses

Romans 10:9

Ephesians 2:8-9

Philippians 1:6

Hebrews 10:22

John 3:16

Romans 8:38-39

REFLECTION: STANDING ON SOLID GROUND

Feeling unsaved is difficult and brings a heaviness that robs us of peace and hope. God does not want you to feel that way and has provided the words you need to release those feelings.

1 John 5:11-13 says - "And this is the testimony: God has given us eternal life, and this life is in his Son. Whoever has the Son has life; whoever does not have the Son of God does not have life. I write these things to you who believe in the name of the Son of God so that you may know that you have eternal life."

Notice the words: "**so that you may know.**" God wants you to have assurance!

These verses are foundational for understanding assurance of salvation. Your genuine faith in Christ provides certainty about your eternal destiny. These verses also express the purpose of John's letter in wanting to provide assurance of salvation to believers. Specifically, he wants you to know:

You have **certainty**, not doubt - Believers can "know", not just hope, they have eternal life.

Your salvation is based on faith alone - This assurance comes from believing in Jesus Christ, the Son of God.

Your salvation is a present possession - The language is present tense. Believers "have" eternal life now, not just as a future promise.

There is written confirmation - John documented these truths so believers could have a solid foundation for their confidence.

Prayer for Today

Dear Heavenly Father, when doubt and uncertainty fill my heart, remind me that my salvation rests on Your faithfulness and Christ's finished work, not on my feelings or strength. Help me trust Your promise that I can know I have eternal life through faith in Jesus. I am Yours because of His grace, not my perfection. Anchor my soul in Your unchanging truth, for Your grip on me will always be stronger than my grip on You. Amen.

Hope for the Doubting Heart

HAVE I GONE TOO FAR?

Many sincere believers have wrestled with a troubling question that strikes fear that they have done something that puts them beyond God's forgiveness. The fear of the "unforgivable sin" can grip those most devoted to Christ, causing sleepless nights and spiritual anguish.

The unforgivable sin is not a one-time mistake or a moment of intense doubt. It is a continued, hardened rejection of God's grace. He welcomes you fully. If you are worried you've committed it, the very act of worrying and seeking God proves you haven't!

Key Truth

The "unforgivable sin" or "blasphemy against the Holy Spirit" is mentioned in the Gospels when Jesus responds to religious leaders who attributed His miracles, performed by the Holy Spirit's power, to Satan. This wasn't a momentary doubt or a harsh word spoken in anger. It was a persistent, deliberate rejection of the Holy Spirit's testimony about Christ. These enemies of Jesus were calling good evil and light darkness with hardened hearts.

The unforgivable nature of this sin lies not in God's unwillingness to forgive, but in the sinner's complete rejection of the very means of forgiveness. When someone truly rejects the Holy Spirit it represents a final, fixed state of opposition to God. This happens when someone permanently attributes God's work to evil and refuses to acknowledge truth even when confronted with it.

Those who have truly blasphemed against the Holy Spirit feel no conviction, no desire to return to God, and no worry about their spiritual state. They have so completely seared their conscience that they're beyond repentance. Not because God won't forgive, but because they will never seek forgiveness.

Key Verses

1 John 1:9

Mark 3:28-30

1 John 1:9

Matthew 12:31-32

Hebrews 6:4

Romans 8:1

FINDING WORTH AND TRUE IDENTITY

We all struggle in our walk with God. Many then fall into doubt about being “good enough” or “measuring up”. Your worth is not determined by your spiritual performance, but by Christ's perfect performance on your behalf.

Christianity is not about being good enough for God; it's about accepting that Jesus was good enough for you. The moment you try to earn God's love, you miss the point of grace.

Remember that churches are made up of broken believers. Your faith is about trusting a perfect Savior, not following imperfect people or highlighting your shortcomings.

Take a moment to reject the performance treadmill. Confess your lack of perfection, accept His freely given righteousness, and rest in the identity He gives you.

Key Truth

The Gospel message frees you from the exhausting cycle of measuring up because Jesus already measured up for you. This is the liberating heart of grace in that you are already fully accepted, fully loved, and fully His.

Christian community is not a showcase for the spiritually polished but a hospital for the broken, where we bring our failures, doubts, and imperfections to the One who makes us whole. When you stop striving to earn God's approval and start resting in the approval He's already given you through Christ, you discover your true identity as someone who is perfectly loved.

Key Bible Verses

2 Corinthians 5:21 – “God made him who had no sin to be sin for us, so that in him we might become the righteousness of God.”

Romans 8:1 - “Therefore, there is now no condemnation for those who are in Christ Jesus.”

Mark 2:17 - Jesus said to them, “It is not the healthy who need a doctor, but the sick. I have not come to call the righteous, but sinners.”

1 John 3:1 - “See what great love the Father has lavished on us, that we should be called children of God! And that is what we are!”

REFLECTION: HELD IN HIS HANDS

Jesus told a parable about a shepherd who had 100 sheep. When one wandered off, he left the 99 to search for the lost one. Luke 15:5-6 picks up the story ... And when he finds it, he joyfully puts it on his shoulders and goes home. Then he calls his friends and neighbors together and says, 'Rejoice with me; I have found my lost sheep.'

Notice: the shepherd carries the sheep joyfully. The sheep doesn't find its own way back. The burden is on the shepherd, not the sheep. He then calls his friends and celebrates finding the lost sheep.

Your security doesn't rest on your ability to hold onto God. It rests on His determination to hold onto you. You are not saved by your grip on Him, but by His grip on you.

There's a profound comfort in knowing that our salvation doesn't rest on the strength of our grip on God, but on the strength of His grip on us.

In our moments of doubt, weakness, and struggle, we may feel like we're slipping away, but the truth of Scripture reveals something far more reassuring. God's hold on His children is unbreakable, secured not by our faithfulness but by His unchanging character and the finished work of Christ.

When you feel weak, remember: "He tends his flock like a shepherd: He gathers the lambs in his arms and carries them close to his heart" (Isaiah 40:11). You are carried close to His heart.

Prayer for Today

"Lord Jesus, thank You that my salvation doesn't depend on my strength to hold onto You, but Your power to hold onto me. When I feel like I'm slipping, remind me that Your grip is secure. May I always remember you are ready to pick me up joyfully and carry me back where I belong. Anchor my soul in Your unchanging truth, for Your grip on me is stronger than my grip on You. Amen."

PRACTICAL STEPS FORWARD

If you've read this far, you've shown that your heart is seeking. That seeking itself is evidence of God's work in you. Those who don't belong to God don't typically agonize over their relationship with Him.

In storms of doubt, your anchor is not your feelings, your performance, or your understanding. Your anchor is Jesus and the promises of His Word. You may not always feel anchored, but if you've trusted Christ, you are. No matter what you've done. No matter how far you've wandered. No matter how unworthy you feel. God loves you with an everlasting love. Remember that God is not stingy with His love. He wants you to experience it abundantly.

QUESTIONS TO ASK WHEN DOUBT SURFACES:

- Am I looking for assurance in my feelings or in God's promises?
- Am I confusing temptation with lack of salvation?
- Am I expecting perfection instead of progression?
- Have I forgotten what Jesus actually accomplished on the cross?

WHEN DOUBT COMES, DO THIS:

1. *Return to the Basics.* Read the gospel and remember who Jesus is and what He did.
2. *Speak Truth to Yourself.* Speak scripture into your feelings and let God's promises remind you what is true.
3. *Remember Past Faithfulness.* Recall times when God showed up in your life. Keep a journal of answered prayers and God's provision.
4. *Stay Connected.* Don't isolate. Connect with other believers. Share your struggles. You'll find you're not alone.
5. *Serve Others.* Sometimes the best cure for doubt is to get your eyes off yourself and onto others who need encouragement.
6. *Be Patient with Yourself.* Doubt doesn't mean you've lost your salvation. It means you're human. Even great heroes of faith had seasons of doubt.

Key Bible Verses

Romans 8:38-39

Psalm 62:6

Proverbs 3:5-6

Nahum 1:7

Hebrews 6:19

Romans 5:8

A Closing Prayer

"Father God, thank You for Your patience and steadfast love through my doubts. Thank You that truth doesn't change based on my feelings. Help me to rest in the finished work of Christ. When waves of uncertainty come, be my anchor. When I'm weak, be my strength. Help me trust in Jesus, my Savior and Lord. In His name, Amen."

HOPE FOR THE DOUBTING HEART

*Discovering God's love
through your questions,
uncertainties and failures*



If you still have questions,
need encouragement or
just want to connect
with another believer
then chat with us any time at
<https://doubtinghearts.com/talk/>