

JOURNAL PROMPT SET

# Faith & Doubt

*Prompts for honest belief*

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*"I do believe; help me overcome my unbelief!" -- Mark 9:24*

Doubt is not the opposite of faith -- it is often the sign of a faith being taken seriously. These prompts create space for honest wrestling.

**1 What question about God are you afraid to ask out loud?**

*Write it here. The page won't judge you. Neither will God.*

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**2 Where has your faith felt most alive?**

*What was happening in that season? What conditions allowed faith to grow?*

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**3 What would you need to believe differently about God to feel less afraid?**

*Is that belief supported by Scripture? By your experience? What would it take to hold it?*

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**4 When has doubt strengthened rather than weakened your faith?**

*Describe a time when wrestling with a hard question led you somewhere true.*

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**What does honest prayer look like for you right now?**

*Not the polished version -- the real one. Write it out as a prayer, or as a letter to God.*

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**If God were to speak one sentence into your current season, what do you most need to hear?**

*Write it. Then sit with whether you believe it.*

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