

## HOW DO I NAVIGATE DOUBTING GOD?

### 我如何駕馭對神的懷疑？

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#### A. WHY DO WE DOUBT?

我們為何會生懷疑？

1. When we don't understand.  
當我們不明白。
2. When Christians lets us down.  
當基督徒讓我們失望。
3. When we face difficulties.  
當我們面對困難。

*One of the twelve disciples, Thomas (nicknamed the Twin), was not with the others when Jesus came. They told him, "We have seen the Lord!" But he replied, "I won't believe it unless I see the nail wounds in his hands, put my fingers into them, and place my hand into the wound in his side."*

*Eight days later the disciples were together again, and this time Thomas was with them. The doors were locked; but suddenly, as before, Jesus was standing among them. "Peace be with you," he said. Then he said to Thomas, "Put your finger here, and look at my hands. Put your hand into the wound in my side. Don't be faithless any longer. Believe!"*

*"My Lord and my God!" Thomas exclaimed. Then Jesus told him, "You believe because you have seen me. Blessed are those who believe without seeing me."*

*John 20:24-29 (NLT)*

十二個門徒中，有一個稱為“雙生子”（“雙生子”原文作“低土馬”）的多馬。耶穌來的時候，他沒有和門徒在一起。其他的門徒對他說：“我們已經見過主了。”多馬對他們說：“除非我親眼看見他手上的釘痕，用我的指頭探入那釘痕，又用我的手探入他的肋旁，我決不相信。”

過了八天，門徒又在屋子裡，多馬也和他們在一起。門戶都關上了。耶穌來了，站在他們中間，說：“願你們平安。”然後對多馬說：“把你的指頭放在這裡，看看我的手吧！伸出你的手來，探探我的肋旁！不要疑惑，只要信！”

多馬對他說：“我的主！我的神！”耶穌說：“你因為看見我才信嗎？那些沒有看見就信的人，是有福的。”

約翰福音 20:24-29

## B. HOW SHOULD WE NAVIGATE OUR DOUBT?

我們應該如何駕馭我們的懷疑？

### 1. Recognize that doubt doesn't disqualify your faith.

認識到懷疑並不會讓你的信仰失去資格。

#### a. Your doubt is not a barrier to God.

對神而言，你的懷疑不是一個障礙。

### 2. Work through it in community.

在教會群體中處理懷疑。

#### a. The church should be a place where we welcome questions and pursue answers.

教會應該是一個我們歡迎問題和尋求答案的地方。

***And you must show mercy to those whose faith is wavering.***

***Jude 22***

有些人心裡疑惑，你們要憐憫他們。

猶大書 22

### 3. See your doubt as an invitation to deeper faith.

將你的懷疑看成是信仰進深的邀請。

#### a. It's not perfect faith we should be after; it's persistent faith.

我們不應該追求完美的信仰；而應該是持久的信仰。

***“If we begin with certainties, we will end in doubt. But if we begin with doubts and bear them patiently, we may end in certainty.” – Francis Bacon***

“如果我們從確信開始，我們將以懷疑告終。但是，如果我們從懷疑開始並耐心地忍受，我們可能會以確信結束。” — 法蘭西斯·培根

***Then the eleven disciples left for Galilee, going to the mountain where Jesus had told them to go.  
When they saw him, they worshiped him—but some of them doubted!  
Matthew 28:16-17***

十一個門徒往加利利去，到了耶穌指定的山上。他們看見耶穌就拜他，但仍然有些人懷疑。  
馬太福音 28:16-17

***Today's "Big Idea"...***今日主旨...

**Allow your doubt to deepen your faith.**  
容讓你的懷疑加深你的信仰。

Discussion Questions: 問題討論：

What is a lie that your parents told you as a kid?  
你小時候父母告訴你什麼是謊言？

Outside of the examples given, why else do we doubt?  
除了講道中的例子外，還有什麼原因我們會產生懷疑？

What is one of the biggest doubts that you have in regards to your faith?  
對於你的信仰，你最大的懷疑之一是什麼？

Who are the people that you can process doubt with in your life?  
誰人是你在生活中可以探討懷疑的人？

What is a practical way to have persistent faith?  
什麼是擁有持久信仰的切實可行方法？