



Faith and Doubt: Lessons from Doubting Thomas



Explore doubt, belief, and Jesus' patience through Thomas' story, deepening faith and understanding in this 7-day study on the Gospels.



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Introduction

Welcome to this 7-day journey into understanding faith and doubt through the story of Doubting Thomas. Doubt is a natural part of the human experience, even for followers of Jesus. In the Gospel of John, chapter 20 verses 24 to 29, we meet Thomas, a disciple who struggled to believe Jesus had risen from the dead without seeing the marks of the crucifixion. His story is a powerful example of how Jesus patiently meets our questions and leads us into deeper belief.

In this study, we will explore not only Thomas' doubt but also the gentle ways Jesus engages with him to nurture faith. We will learn that doubt isn't a failing; rather, it can be a stepping stone to a stronger, more authentic faith. Through daily reflections and scripture, this study will encourage you to bring your own questions and uncertainties before God and experience His grace, patience, and love. As we move through these days, consider your own moments of doubt—how have they shaped your relationship with Jesus? How can encountering His patience and truth transform your faith journey?

Each day will focus on crucial aspects of belief, doubt, and Jesus' character. We'll meditate on scripture from John's Gospel and other passages that support and enrich our understanding of this profound encounter. May this study bring encouragement and insight, inviting you to embrace your faith with renewed confidence and peace.





Day 1: Encounter with the Risen Christ



Your Verse

John 20:24-25 – "Now Thomas (also known as Didymus), one of the Twelve, was not with the disciples when Jesus came. So the other disciples told him, 'We have seen the Lord!' But he said to them, 'Unless I see the nail marks in his hands and put my finger where the nails were, and put my hand into his side, I will not believe.'"

Supporting Scriptures

- *Mark 16:9 — "When Jesus rose early on the first day of the week, he appeared first to Mary Magdalene."*
- *Luke 24:36 — "While they were still talking about this, Jesus himself stood among them and said, 'Peace be with you!'"*



Devotional: Honest Doubt: The First Step Toward Faith

Thomas' absence on that critical day and his initial response to the disciples' testimony reveal a very human struggle: the challenge to believe without **direct evidence**. Thomas is sometimes unfairly labeled solely as 'Doubting Thomas,' but his desire for tangible proof reflects sincere honesty, not mere skepticism. It reminds us we can have honest questions and still be on the path of faith.

Jesus had risen, but Thomas was not there. The others were convinced, yet he hesitated. This hesitation invites us to consider: When we face claims of God's power and promises, do we rush to belief, or do we seek our own proof?

The disciples' declaration that they had seen the risen Lord sparks hope but also uncertainty in Thomas. His standard — seeing and touching the wounds — underscores how faith sometimes feels connected to real experiences, to the concrete rather than the abstract.

Today, reflect on where you stand when hearing God's promises: Do you desire signs or assurance to strengthen your belief? Jesus' patience throughout Thomas' journey sets a model for us, showing that God welcomes our questions and doubts rather than dismissing them.



Day 1: ☞ Encounter with the Risen Christ

Reflect and Apply

1. How have you reacted when God's promises felt distant or unclear?

2. Can doubting your faith be an honest step rather than a failure?

3. What does Thomas' response teach you about vulnerability in faith?



Journaling Prompts

1. Write about a time you struggled to believe something about God.

2. Describe how you handle your doubts—do you confront or avoid them?

3. List what kind of 'proof' would help strengthen your faith.



Day 1: 🕊 Encounter with the Risen Christ

Prayer for Today

Lord Jesus, like Thomas, sometimes I struggle to believe without seeing. Help me bring my doubts honestly to You, knowing You welcome my questions and lead me gently into faith. Teach me to trust in Your presence even when I cannot see. Strengthen my heart to believe not only with my eyes but with my spirit. Thank You for Your patience and love that never give up on me. *Amen.*





Day 2: 🦶 Jesus Meets Doubt with Patience



Day 2: 🦶 Jesus Meets Doubt with Patience

Your Verse

John 20:26-27 – "A week later his disciples were in the house again, and Thomas was with them. Though the doors were locked, Jesus came and stood among them and said, 'Peace be with you!' Then he said to Thomas, 'Put your finger here; see my hands. Reach out your hand and put it into my side. Stop doubting and believe.'"

Supporting Scriptures

- *Hebrews 4:15 — "For we do not have a high priest who is unable to empathize with our weaknesses."*
- *2 Peter 3:9 — "The Lord is not slow in keeping his promise, as some understand slowness. Instead he is patient with you."*



Day 2: 🦶 Jesus Meets Doubt with Patience

Devotional: The Patient Heart of Jesus

Jesus' response to Thomas is **neither harsh rebuke nor dismissal, but gentle invitation and patient encouragement**. He meets Thomas exactly where he is, offering the proof requested but gently challenging him to move beyond doubt to faith.

This moment reflects the heart of Jesus toward us: He understands our hesitations, sees our wounds, and patiently offers peace and reassurance. His words, "Stop doubting and believe," can feel firm but are spoken with compassion, guiding Thomas from uncertainty toward trust.

Jesus' approach models how we can extend grace to ourselves and others when faith falters—patiently affirming belief while allowing space for questions.

Consider how Jesus' patience contrasts with our modern impulse for immediate answers. Faith can grow best when nurtured with time and kindness, not rushed or pressured.



Day 2: 🦶 Jesus Meets Doubt with Patience

Reflect and Apply

1. How does Jesus' patience with Thomas encourage your own faith journey?

2. In what ways can you extend patience toward your doubts or those of others?

3. What does Jesus' invitation reveal about His understanding of human weakness?



Day 2: 🦶 Jesus Meets Doubt with Patience

Journaling Prompts

1. Reflect on moments when God has been patient with you despite your doubts.

2. Describe how patient you are with yourself during seasons of uncertainty.

3. Write a prayer asking Jesus to increase your trust in His timing.



Day 2: 🦶 Jesus Meets Doubt with Patience

Prayer for Today

Lord, thank You for Your incredible patience with me when I doubt. Help me to embrace Your peace and waiting times as opportunities for growth. Teach me to be patient with myself and others, reflecting Your love. May I hear Your invitation to believe and respond with trust in Your perfect timing. *Amen.* 🙌





Day 3: 🔍 Seeing is Believing? The Nature of Faith



Day 3: 🔍 Seeing is Believing? The Nature of Faith

Your Verse

John 20:29 – "Then Jesus told him, 'Because you have seen me, you have believed; blessed are those who have not seen and yet have believed.'"

Supporting Scriptures

- *2 Corinthians 5:7 — "For we live by faith, not by sight."*
- *Hebrews 11:1 — "Now faith is confidence in what we hope for and assurance about what we do not see."*



Devotional: Walking by Faith, Not by Sight

Jesus' words to Thomas highlight a foundational truth: faith often requires trusting beyond visible proof. Thomas believed because he saw Jesus' wounds, but Jesus declares a blessing on those who believe without seeing.

This blessing challenges us to embrace faith that rests on trust in God's promises, even when circumstances or senses suggest otherwise. We live in a world valuing tangible proof, yet spiritual faith calls us to trust in the unseen realities of God's kingdom.

Faith does not ignore reason or evidence; rather, it chooses to rely on God's character and promises when direct evidence isn't available or clear. This kind of faith empowers believers to persevere through uncertainty, challenges, and unanswered questions.

Reflect: How can you grow in confidence in what you hope for, trusting God daily even when He seems hidden? This blessing encourages us to walk by sight—with our spirit guided by the truth of God's Word and love.



Reflect and Apply

1. What does it mean to believe without seeing for you personally?

2. How do the promises of God strengthen you when proof feels lacking?

3. Where might you need to choose faith over doubt today?



Journaling Prompts

1. Recall a time you trusted God without clear evidence—how did it turn out?

2. Write about what ‘walking by faith’ looks like in your daily life.

3. List scriptures or truths you can rely on during times of uncertainty.



Day 3: 🔍 Seeing is Believing? The Nature of Faith

Prayer for Today

Heavenly Father, help me to embrace faith that goes beyond my eyes. Teach me to trust Your promises and character when I cannot see the full picture. Strengthen my faith to walk confidently with You through doubts and unanswered questions. Thank You for Your blessings on those who believe without seeing. *Amen.* 🙏👁️💡





Day 4: ❤️ Jesus' Wounds: Proof of Love



Day 4: ❤️ Jesus' Wounds: Proof of Love

Your Verse

John 20:27 – "Jesus said to Thomas, 'Put your finger here; see my hands. Reach out your hand and put it into my side.'"

Supporting Scriptures

- *Isaiah 53:5 — "But he was pierced for our transgressions, he was crushed for our iniquities."*
- *Romans 5:8 — "But God demonstrates his own love for us in this: While we were still sinners, Christ died for us."*



Day 4: ❤️ Jesus' Wounds: Proof of Love

Devotional: Wounds That Speak Love

The wounds Jesus showed Thomas were not just marks of suffering; they were powerful evidence of sacrificial love. Through His pierced hands and side, Jesus demonstrated the depth of His commitment to redeem and restore humanity.

Thomas' invitation to touch the wounds is an intimate encounter with the reality of Jesus' love—painful yet victorious. The wounds remind us that Jesus' love is proven through sacrifice, vulnerability, and victorious resurrection.

When we reflect on the wounds, we see an expression of God's boundless compassion. These marks symbolize both the cost of our salvation and the assurance of Jesus' victory over death and sin.

Consider what Jesus' wounds mean for you today. Are they a source of comfort, assurance, or perhaps a call to deeper gratitude? Engaging with the reality of Jesus' sacrifice can deepen faith and ignite heartfelt worship.



Day 4: ❤️ Jesus' Wounds: Proof of Love

Reflect and Apply

1. How do Jesus' wounds speak to your heart about His love and sacrifice?

2. In what ways do you experience God's love through Jesus' suffering?

3. What response do Jesus' wounds inspire in your faith journey?



Day 4: ❤️ Jesus' Wounds: Proof of Love

Journaling Prompts

1. Describe the significance of Jesus' wounds in your relationship with Him.

2. Write a prayer of thanks for Jesus' sacrificial love.

3. Reflect on how Jesus' love has transformed your doubts into faith.



Day 4: ❤️ Jesus' Wounds: Proof of Love

Prayer for Today

Dear Jesus, thank You for Your wounds that reveal Your great love. Help me to grasp the depth of Your sacrifice and let it anchor my faith. May Your scars remind me daily of the victory and hope I have in You. Lead me to live with hearts full of gratitude and love. *Amen.* 🕊️ ❤️ 🙏





Day 5: ✨ The Blessing of Belief



Day 5: ✨ The Blessing of Belief

Your Verse

John 20:29 – "Blessed are those who have not seen and yet have believed."

Supporting Scriptures

- *Psalm 84:12 — "Blessed are those whose strength is in you, whose hearts are set on pilgrimage."*
- *Matthew 5:3 — "Blessed are the poor in spirit, for theirs is the kingdom of heaven."*



Day 5: ✨ The Blessing of Belief

Devotional: Blessed to Believe Without Seeing

Jesus extends a special blessing to those who believe without seeing, highlighting the spiritual strength and courage required to have faith amid uncertainty. Being able to trust God without physical proof speaks to a deep, resilient belief that blesses our spiritual life.

This blessing isn't just about what we believe, but also about the posture of our hearts—humble, seeking, and open to God's work beyond our perception. Faith in the unseen kingdom makes possible a life enriched with hope, peace, and divine favor.

Consider how receiving this blessing encourages you today. It invites you into a communal faith that transcends generations – sharing in the trust of countless believers who came before and after Thomas.

Let this day remind you that your belief, even with doubts, places you in the company of the blessed.



Reflect and Apply

1. What does it mean for you to be blessed in your faith journey?

2. How can embracing this blessing affect your daily walk with God?

3. In what ways might doubt coexist with this blessed belief?



Day 5: ✨ The Blessing of Belief

Journaling Prompts

1. Write about what ‘blessed’ means for your current faith story.

2. Reflect on how belief despite doubt has shaped your spiritual life.

3. List ways to encourage others who are struggling to believe.



Day 5: ✨ The Blessing of Belief

Prayer for Today

Gracious God, thank You for the blessing of faith that transcends sight. Help me to live confident in Your promises, knowing my belief is precious in Your eyes. May I be strengthened and encouraged to walk boldly in the trust You give. Use me to inspire others who wrestle with doubt. *Amen.* 🌈 🙏 📖





Day 6: 💛 Community: Sharing Faith and Doubt



Day 6: 🧡 Community: Sharing Faith and Doubt

Your Verse

John 20:24 – "Now Thomas (also known as Didymus), one of the Twelve, was not with the disciples when Jesus came."

Supporting Scriptures

- *Hebrews 10:24-25 — "Let us consider how we may spur one another on toward love and good deeds... encouraging one another."*
- *Ecclesiastes 4:9-10 — "Two are better than one... If either of them falls down, one can help the other up."*



Day 6: 🧡 Community: Sharing Faith and Doubt

Devotional: Faith Grows Best in Community

Thomas was absent when Jesus appeared, and this absence played a role in his doubt. This reveals the importance of community in nurturing faith. The disciples shared the news with Thomas, but his faith journey was still very personal, showing how each one's experience of belief and doubt is unique.

Friends and fellow believers are vital in encouraging faith, answering questions, and supporting through uncertainty. Yet, ultimately, faith is deeply personal and sometimes requires individual encounter and reflection.

Today, consider how your faith community helps or could help you in moments of doubt. Are you open to sharing your struggles? Are you willing to support others with patience and love?

Participation in a faith community offers a safe space to express doubts and grow, reminding us none of us walk alone in our spiritual journeys.



Reflect and Apply

1. How has your faith community supported your doubts and beliefs?

2. In what ways could you be more open with others about your faith journey?

3. How can you encourage others who are struggling to believe?



Day 6:  Community: Sharing Faith and Doubt

Journaling Prompts

1. Write about a time community helped strengthen your faith.

2. List ways you contribute to faith support in your group.

3. Reflect on how you might seek community when facing doubts.



Day 6: 🧡 Community: Sharing Faith and Doubt

Prayer for Today

Lord, thank You for the gift of community in my faith journey. Help me to be honest about my doubts and courageous in sharing my faith with others. May I be a source of encouragement and love, reflecting Your patience and grace. Bless my fellow believers as we walk together. *Amen.* 🧡 ❤️ 🙏





Day 7: 🌱 Growing in Faith Beyond Doubt



Your Verse

2 Timothy 1:7 – "For the Spirit God gave us does not make us timid, but gives us power, love and self-discipline."

Supporting Scriptures

- *James 1:5 — "If any of you lacks wisdom, you should ask God... and it will be given to you."*
- *Philippians 1:6 — "He who began a good work in you will carry it on to completion."*



Devotional: Embracing Growth Beyond Doubt

As this study concludes, we reflect on moving forward with the Spirit's power to transform doubt into confident belief. Doubt is not the end of faith but a beginning point where God's Spirit strengthens us with power, love, and discipline.

God invites us to ask for wisdom, to embrace growth, and to trust that He completes the good work started in each of us. Like Thomas, we can move from uncertainty to bold testimony of Christ's life-changing resurrection.

Faith is a growing process that welcomes questions and matures through experience, community, and reliance on the Spirit. Take heart that your faith journey is uniquely guided by God's patient hand.

May you continue to grow strong in faith, embracing both moments of doubt and deeper belief as parts of your sacred story.




Reflect and Apply

1. How can God's Spirit empower you to move beyond doubt?

2. What steps can you take to grow in faith and wisdom?

3. How does trusting God's ongoing work in your life encourage you?



Day 7:  Growing in Faith Beyond Doubt

Journaling Prompts

1. Write a prayer asking the Spirit to strengthen your faith.

2. Reflect on ways you have grown through previous doubts.

3. Set one faith-related goal for the coming months.



Day 7: 🌱 Growing in Faith Beyond Doubt

Prayer for Today

Holy Spirit, empower me to grow beyond doubt with power, love, and self-discipline. Fill me with wisdom and courage to walk boldly in faith. Help me trust Your faithful work in my life, confident You will complete what You've begun. Guide me to become a strong witness of Your love. *Amen.* 🌿 🔥 🙏





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