

When in doubt ...

don't panic, it's an opportunity to dive deeper!



God created us to ask questions ...

God is the one who gifts us curiosity!

There will always be times in our life when we really want to believe but we are struggling with doubt. It can feel scary and it can cause us to feel unsettled or lost. During these times it may help to remember that God created us to ask questions, God created us to be curious and God created us to look for answers that feel right. God doesn't want us to believe blindly and God doesn't want us to put our questions in a box and forget about them. So when you feel doubt don't ask 'is it OK to doubt' ask 'what do I do about it?'

1

KEEP PRAYING

Even if you can't hear a response keep talking to God!

2

TALK ABOUT IT

Share your worries with someone you trust. We've all be there!

3

JUST DO IT

Live your life like you do believe - full of love, kindness and forgiveness!



St. Anselm

Faith seeking understanding.



Mary
Luke 1:34

"How will this be?"
Mary asked the angel.



St. Augustine

Faith is to believe what you do not see. The reward of this faith is to see what you believe.

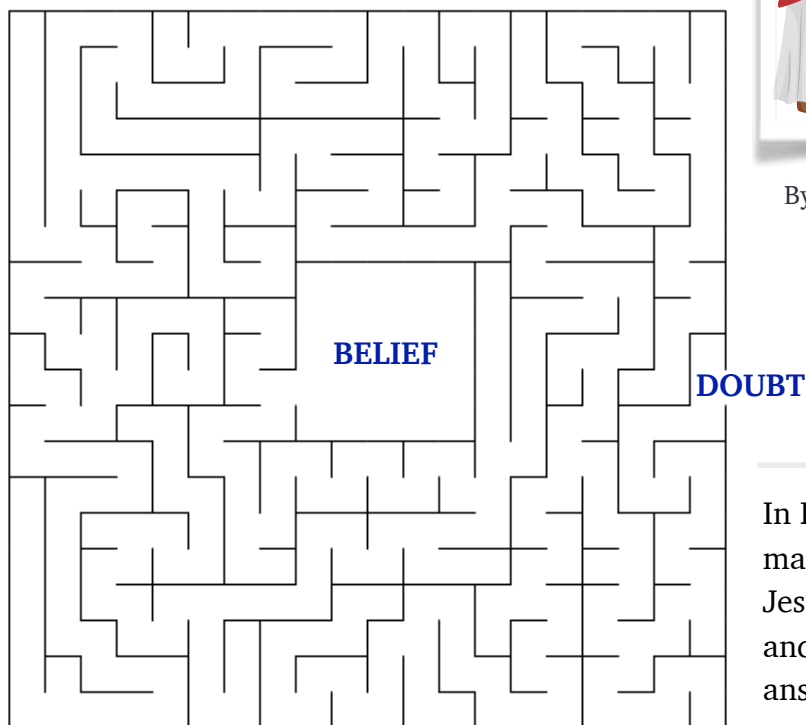
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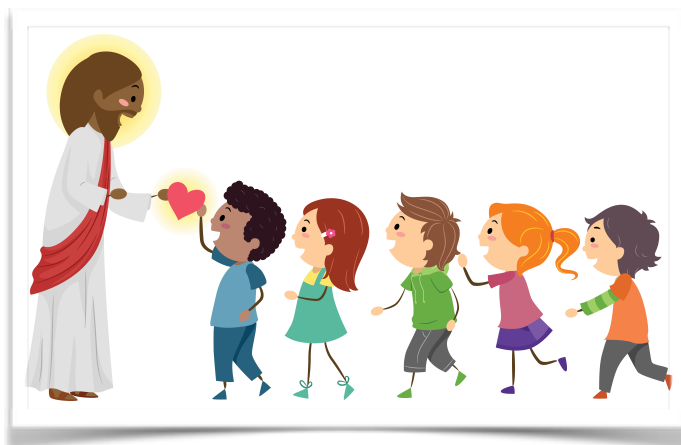
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From doubt to belief.

Trace the journey from doubt to belief.
As you move through the maze think
about what is causing you to doubt.



Once you have reached the centre, spend some time thinking about how you can address the doubt so that you are not leaving your faith up to chance. You may like to list the questions you want answers to, or find someone who you can talk it over with.



By [Lorelyn Medina@shutterstock.com](mailto:Lorelyn_Medina@shutterstock.com)

**Jesus asked
“What do you want
me to do for you?”**

In Luke 18:41 Jesus asks this question of a blind man. What a wonderful invitation for us all. Jesus encourages us to ask for what we need, and to accept that we don't have all the answers. What do you want to ask God today?

Can you bring your doubts, your worries and your problems to God? Allow God to be part of the journey to belief.

Finish with the prayer “I do believe, help my unbelief.” Mark 9:24

ST. JANE FRANCES DE CHANTAL AUG 12TH

Jane was a happily married lady who raised four children to adulthood. Life was going well until the sudden death of her husband in a hunting accident. After this, she struggled with doubt and darkness. She asked God to send her someone to guide her spiritual journey. After meeting St. Francis de Sales she eventually became a Carmelite nun and set up 87 monasteries. The amazing part of the story is that through all of this she was full of doubt. “Most often there is a confused sort of strife in my soul, that I am powerless to do anything about...it tempts me to give up trying.” Instead she decided to hold on and trust God and her faith deepened!



By [Renata Sedmakova@shutterstock.com](mailto:Renata_Sedmakova@shutterstock.com)