

FAITH STRUGGLE

"WHEN DOUBTS COME KNOCKING"

Key Passages

- Psalm 42:11 - "Why, my soul, are you downcast? Why so disturbed within me? Put your hope in God, for I will yet praise him, my Savior and my God."
- Mark 9:24 - "Immediately the boy's father exclaimed, 'I do believe; help me overcome my unbelief!'"

Story

Lisa had always been the "strong Christian" in her family. She led Bible studies, never missed church, and confidently prayed for others. But after her daughter's autism diagnosis, prayer felt hollow. "Where were you, God?" she found herself asking during sleepless nights. The guilt over her doubt felt almost worse than the doubt itself.

Faith struggles are common among special needs parents, though rarely discussed openly. We wonder why God allowed our child's challenges, question His goodness when prayers seem unanswered, or feel distant from Him when we need Him most. These seasons can feel like spiritual failure, but they're often the pathway to deeper, more authentic faith.

The desperate father in Mark 9 gives us permission to bring our contradictions to Jesus: "I believe; help my unbelief!" His honesty didn't disqualify him—it opened the door to miracle. The psalmist regularly wrestled with God, bringing complaints and questions directly to Heaven's throne.

God is not threatened by our doubts or surprised by our struggles. He meets us in our questions and gently rebuilds faith from the ground up, often stronger than before.

Discussion Qs

1. What aspects of your faith journey have been most challenged by special needs parenting?
2. How has your understanding of God's goodness evolved through your experiences?
3. When you've brought honest doubts to God, how has He responded?
4. What helps you distinguish between healthy questioning and destructive doubt?
5. How do you maintain faith while still acknowledging your struggles and confusion?

Dads

1. When you've questioned God's plan for your child, how do you work through those doubts while still leading your family spiritually?
2. What helps you maintain faith when you feel responsible to "fix" things but can't?
3. How do you handle spiritual leadership when your own faith feels shaky?

Moms

1. How do you handle seasons when prayer feels empty or God feels distant?
2. When others offer spiritual platitudes about your situation, how do you respond while protecting your heart?
3. What practices help you rebuild faith after seasons of doubt or anger toward God?

Couples

1. How do you navigate when one spouse is struggling with faith while the other feels more secure?
2. What practices help you grow together spiritually even when your faith feels shaky?
3. How do you support each other's spiritual journey without trying to "fix" your spouse's doubts?

Application: Share one honest doubt with God in prayer this week, asking Him to strengthen your faith in that specific area.