



## Dealing with Doubt

**Read:** Luke 24:36-49

In the gospel the risen Lord appears before his disciples and offers them proof of his resurrection. Up to this point many of the disciples were “disbelieving and still wondering”. They still had doubts. In fact we all have doubts. It’s part of our human nature.

Our doubt comes in many forms. Does God exist? Does he really love me? If so, why would he allow this tragedy to occur in my life? Does he actually have a plan for me? The list can go on. In fact we can doubt our role as parents, friends, spouses, evangelists, employees and employers. We can question the part God plays in each dimension of our lives. Life is plagued with uncertainty.

So how do we overcome our doubts? Put simply, Christ. He came to overcome our disbelief. The resurrection is our assurance that despite the darkness that overshadows us at times God will triumph. Overcoming our doubt takes faith in God. Every time I begin to question my relationship with God I go back to the basics. What do I know to be true? Our faith is extremely reasonable but it takes a deep breath and leap of faith to accept the things we can’t see and overcome uncertainty. But we don’t go alone. Christ offers his hands. “Touch me and see”.

The world doubts the presence of God everyday. Someone once disparagingly asked me where he could find God. I simply replied, “in the heart of every believer”. Overcoming doubt is not always about giving theological answers. It is about being convicted, authentic witnesses of Jesus Christ. It is about having a personal relationship with him through prayer, scripture and the Church. It is about allowing Christ’s love to work through us, so that we can share the good news with those who do not feel God’s presence. Overcoming doubt can come in the form of laughter, tears, lofty answers, a drink with friends, a comforting hug and so on. But most of all it comes through you. Doubt will only be alleviated when we become “witnesses to these things”.