

Doubting Your Doubts

Marti Wibbels, MS, LMHC

When we don't think we matter, we often doubt God, assuming He either doesn't see us or doesn't care. But He does see us--and He does care! In Luke 15:4, Jesus describes the shepherd leaving ninety-nine "safe" sheep to go find one who was lost and rejoicing so much when that sheep was found that he called his friends and neighbors to celebrate. You're worth celebrating!

- We doubt God when we think we suffer more than others do. The hymn writer Annie Johnson Flint could have felt like that: after losing her biological parents in early childhood and her adoptive parents as a young adult, she lost her own health and suffered crippling arthritis for the rest of her life. Applying 2 Corinthians 12:9, she wrote the beloved hymn, "He Giveth More Grace," which says "He giveth more grace when the burdens grow greater, He sendeth more strength when the labors increase. To added affliction He addeth His mercy; to multiplied trials, His multiplied peace."



You can
begin to
doubt your
doubts.

Core Healing from Trauma, p. 87

- The message of Christianity is not that we need to be stronger but to realize we have no strength on our own. We can let God fight for us! When everything about a situation feels out of control, we can trust in God's loving care.
- Doubt derails progress. We miss experiencing the Good Shepherd's rich gifts whenever we doubt the giver of good gifts--or when we focus on problems instead of looking beyond them. 2 Corinthians 1:3-4 offers a better focal point: *Blessed be the God and Father of our Lord Jesus Christ, the Father of mercies and God of all comfort, who comforts us in all our affliction, so that we may be able to comfort those who are in any affliction, with the comfort with which we ourselves are comforted by God.*

- George MacDonald wrote, “The first step toward action is the beginning of the death of doubt.” Doubt is distrust that breeds unbelief. We can trust in God instead of believing doubts that insidiously attack our hope and rapidly infiltrate our joy.
- Knowing the character of God, we can choose to doubt our doubts: *Your throne is founded on two strong pillars—the one is Justice and the other Righteousness. Mercy and Truth walk before you as your attendants. Blessed are those who hear the joyful blast of the trumpet, for they shall walk in the light of your presence. They rejoice all day long in your wonderful reputation and in your perfect righteousness* (Psalm 89:14-16, TLB).
- To stop doubting: *Count it all joy, my brothers, when you meet trials of various kinds, for you know that the testing of your faith produces steadfastness. And let steadfastness have its full effect, that you may be perfect and complete, lacking in nothing. If any of you lacks wisdom, let him ask God, who gives generously to all without reproach, and it will be given him. But let him ask in faith, with no doubting, for the one who doubts is like a wave of the sea that is driven and tossed by the wind* (James 1:2-6, ESV).

To continue our time together, please visit my YouTube channel (<https://cutt.ly/xt2QvIJ>) and sign up for my blog at <https://corehealingfromtrauma.com>. My workbook, *Core Healing from Trauma* (available on Amazon) offers many practical ideas that can help you navigate the trauma of COVID-19 and other challenges, too.