



DOUBT RESOURCES

The resources below have been compiled by Rock Bridge staff and trusted mental health professionals. We encourage you to use these simply as a starting point for exploration and to seek personalized advice when needed. Thank you for your understanding and cooperation.

Doubt is something we all struggle with. Do you find yourself asking:

- Is God real?
- Does God love me?
- Why are people like this?
- Why do I feel so much pain?
- Why is there so much pain in the world?

Processing your doubt doesn't mean erasing it, but working through it in a healthy way. Doubt is an invitation for your faith to grow! Below are resources to help you do that. Click any [underlined title](#) for details. Contact us [HERE](#) if you want to have a conversation!

God tells us that He is "our refuge and strength, an ever-present help in trouble" (Psalm 46:1) and that His word is "a lamp for my feet, a light on my path" (Psalm 119:105). Therefore, one of the best ways to move forward is to *build your relationship with Jesus day-by-day!* Here are two resources to encourage your faith or to begin exploring!

- [Bible Reading Plans](#)
- [Journey With Jesus](#)

In addition, *meditating on and memorizing Scripture* is key to knowing that you are worthy of love and flourishing. These passages that would be helpful to keep close by.

- Proverbs 3:5-6
- 2 Timothy 2:13
- Mark 9:24
- James 1:5-6
- Isaiah 41:10

BOOKS

- [Doubt: Trusting God's Promises](#)

ARTICLES

- [Journey Through the Wall](#)
- [Doubt Your Doubts](#)
- [John the Baptist's Doubt](#)
- [When Your Child Doubts](#)
- [Jesus Helps Our Unbelief](#)
- [When It's Hard to Believe](#)
- [7 Ways to Deal with Doubt](#)
- [When Hope Transcends Doubt](#)
- [Why God Welcomes Your Doubt](#)
- [Wrestling with Doubt and Disbelief](#)
- [Help! My Teen Is Questioning the Faith](#)
- [When Doubt Becomes a Catalyst for Faith](#)
- [When Your Child Doubts the Existence of God](#)
- [How to Respond When Kids Question Their Faith](#)
- [Children Need a Crisis of Faith: Parenting Through Doubt](#)

MORE RESOURCES

- [Prayer of Examen](#)
- [Alison Cook, Ph.D.](#)
- [Paul Tripp Ministries](#)
- [Boundaries For Your Soul devotional](#)
 - Turn your overwhelming thoughts and feelings into your greatest allies.