

MENS LIFE BLOOMINGTON

Tuesday, May 12, 2026

Authentic Brotherhood | Doubt Detox

Overview: Doubt can feel like a dangerous word, especially for men who have followed Christ for many years. Some may not see it as a personal struggle, while others may be wrestling quietly with hard questions about suffering, science, Church history, Scripture, or people they love. Tonight is not about solving every difficult question. It is about remembering that honest questions are not the same as weak faith. When doubt is brought into the light through Scripture, prayer, wise counsel, and trusted brothers, it can become part of a deeper walk with Christ.

Verse: *"When he heard this, the boy's father cried out with tears, saying 'I do believe, Lord; help my little faith.'"* Mark 9:24 TPT (my little faith = doubt)

Video: [Doubt is Destroying Your Faith: Here's What to Do](#)

Presentation Overview:

- **Doubt is not weakness.** Honest questions can be a normal part of growing faith.
- **Do not bury hard questions.** Hidden doubt often grows heavier in the dark.
- **Seek wise answers.** Scripture, prayer, and trusted voices can help bring clarity.
- **Do not wrestle alone.** God often strengthens us through brothers who understand.

Questions for Table Discussions

- When you hear the word "doubt," what is your first reaction: weakness, honesty, danger, curiosity, or something else?
- Why do you think many Christians feel pressure to hide their doubts rather than talk about them?
- Which kind of question feels hardest for people today: science, suffering, Church history, or something more personal? Why?
- The video said doubt should be worked through, not buried. What does "working through doubt" look like in a healthy way?
- How can wrestling with a hard question lead someone toward stronger faith rather than away from faith? Have you seen an example of this?
- How can a group like Men's Life become a safer place for men to admit questions without feeling judged or "less spiritual"?
- Who is someone in your life who may be carrying doubts quietly, and what would it look like to walk with them instead of trying to quickly fix them? How can you apply Jude 1:22 *"Keep being compassionate to those who still have doubts."* TPT

Closing Prayer:

Lord Jesus, we believe, but we also need Your help where our faith feels weak. Meet us with patience, truth, and mercy. Teach us to be merciful to those who doubt and make us the kind of brothers who listen well, walk together, and point one another back to You.