

## Sunday Leftovers

**Sermon Title: Back to Ones – How Could I**

### **What's this message about?**

Has doubt ever stopped you in your tracks? Whether the doubt is self-doubt or directed towards God, it can, if we let it, become an obstacle for growth. In the book of Judges, Gideon experiences this kind of self-doubt and projects those doubts on God, asking “if the Lord is with us, then how can all of these things be happening?” This doubt in God’s desire to provide for and protect his children nearly paralyzes him. However, things change when Gideon allows himself go “Back to Ones.” When he chooses to set his doubts aside long enough to allow God to use him, the situation turns into a huge blessing for him and his people.

Some of us have allowed doubt in God or self-doubt- to hold us back from experiencing God’s plan for our lives. We need to start over and get ready to be used by God.

### **Questions for discussion:**

- *What do you think was the main point of Matt’s message?*
- *Read Judges Chapters 6-8: What lesson(s) do we learn from Gideon’s interactions with God? What does this teach us regarding how we should deal with doubt?*
- *Have you ever doubted yourself and/or God? How were you able to move past it?*
- *How does this message apply to your life?*

### **Do something about it:**

Just as Gideon did, it’s ok to ask God to help us with our unbelief. Look for some practical ways to recognize how God is working in your daily life. One way is to keep a prayer journal. Record your prayer requests and then periodically go back and reread them. As you see God answer a particular prayer, write the answer next to the request in the journal. If we become more intentional about looking for God presence in our daily lives we will begin to see areas that were oblivious to in the past. Ask God help you with your doubt and reveal His will for you and for your future.

### **Digging deeper:**

Judges 6-8; Psalm 9:10; 27:1; 37:4-6; Proverbs 3:5,6; Jeremiah 29:11,12; Mark 9:23,24; Hebrews 4:16