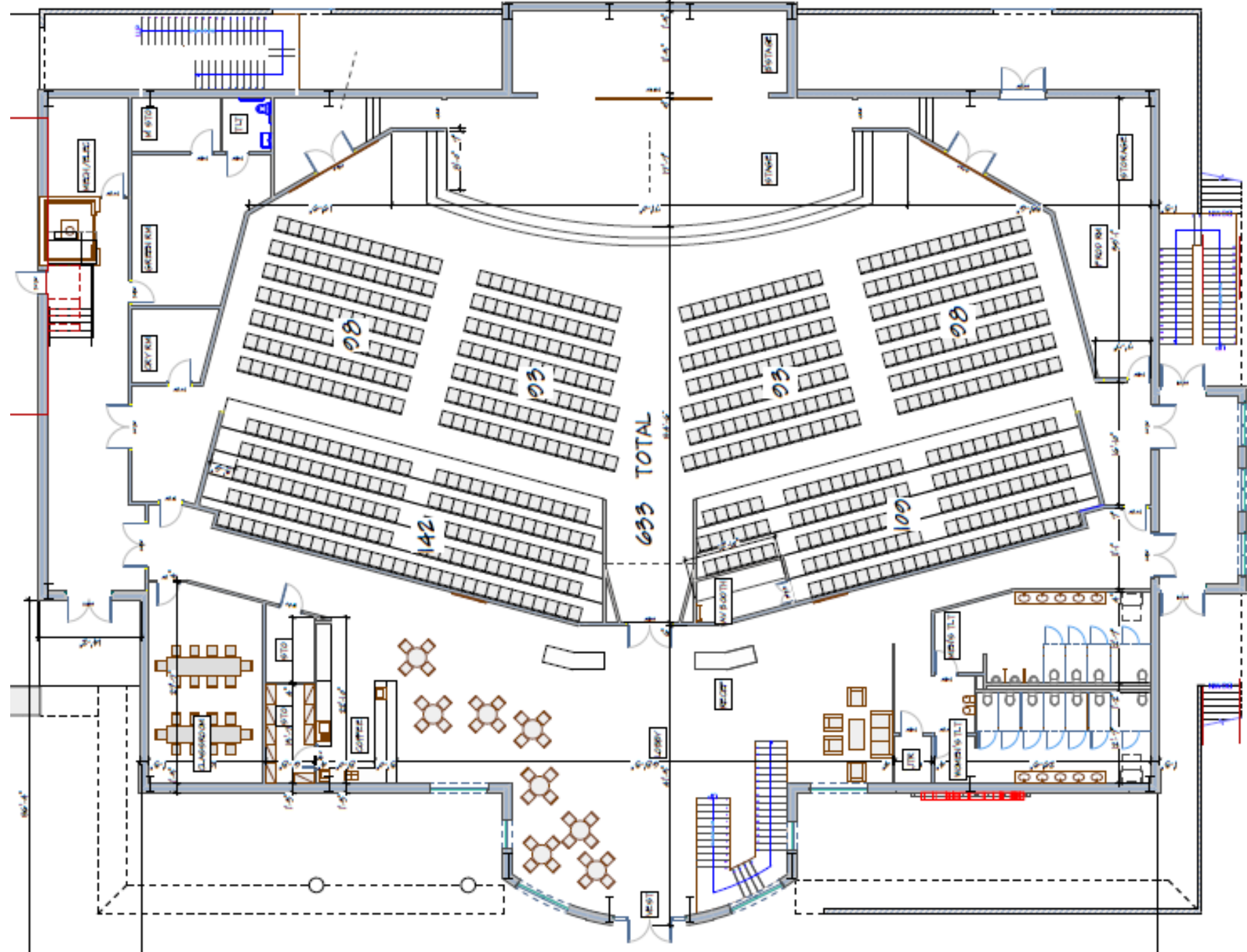




# **PUNCHED** **in the** **FAITH**

How to bounce back from doubt and disappointment

**Part 3: About Doubt**







# **PUNCHED** **in the** **FAITH**

How to bounce back from doubt and disappointment

**Part 3: About Doubt**

## **What is doubt?**

**Doubt is uncertainty rooted in  
fear, pain or disappointment.**

**How does God feel about our doubt?**

**John 20:19-29**

# **How to Disarm Doubt:**

**1. Understand that faith is more than mental certainty.**

**James 2:26**

**Faith is trust, evidenced by action  
and powered by relationship**

# **How to Disarm Doubt:**

**2. Value spiritual experience.**

**Romans 8:16**

# **How to Disarm Doubt:**

**3. Recognize that faith is reasonable.**

**Acts 1:3**



# **How to Disarm Doubt:**

**4. Eliminate self-imposed,  
unnecessary obstacles to faith.**

**John 20:25**

**Mark 9:19-29**

**“Lord, I believe;  
help my unbelief.”**

**Profess your faith,  
Confess your doubt,  
Possess your promise.**





**Are you disarming  
your doubt?**