



Help! I'm Doubting

How to use this journal:

- Read through *Help! I'm Doubting* by Kelly Collier.
- As you read through each chapter, write down at least three **key truths** that impact you. Space for notes is provided below.
- Thoughtfully work through the **Questions for Reflection**¹ after you read each chapter. Space for journaling your answers is provided.

<p>Introduction/ Chapter 1</p> <p><i>Impacting Truths:</i></p>	<p>1. _____ _____ _____</p> <p>2. _____ _____ _____</p> <p>3. _____ _____ _____</p>
<p>Chapter 1</p> <p><i>Questions for Reflection:</i></p>	<ul style="list-style-type: none">• To which cause(s) of uncertainty do you most relate? What is your story? Use the space below to describe what you see as the reason behind your doubt: • What experiences of suffering have you faced in your life? How have they added to your doubt? • What personal sin patterns might be contributing to your doubt?

¹ The *Questions for Reflection* are taken from *Help! I'm Doubting* by Kelly Collier (Shepherd Press, 2023).

<p>Chapter 2 <i>Impacting Truths:</i></p>	<ol style="list-style-type: none"> 1. _____ _____ 2. _____ _____ 3. _____ _____
<p>Chapter 2 <i>Questions for Reflection:</i></p>	<ul style="list-style-type: none"> • As you rehearsed the gospel truths in chapter 2, how did God open your mind to better understand what He says about salvation? • With whom do you identify: Adam or Christ? Why?
<p>Chapter 3 <i>Impacting Truths:</i></p>	<ol style="list-style-type: none"> 1. _____ _____ 2. _____ _____ 3. _____ _____
<p>Chapter 3 <i>Questions for Reflection:</i></p>	<ul style="list-style-type: none"> • Are you confident that you are in Christ? If so, what gives you that confidence?

	<ul style="list-style-type: none"> • Are you demanding proof of your security in Christ above what God has provided through His Spirit and His Word? • What step of repentance is God showing you that you need to take?
<p>Chapter 4 <i>Impacting Truths:</i></p>	<ol style="list-style-type: none"> 1. _____ _____ 2. _____ _____ 3. _____ _____
<p>Chapter 4 <i>Questions for Reflection:</i></p>	<ul style="list-style-type: none"> • What wrong thinking about salvation did God use the truth of chapter 4 to correct? • What aspect of salvation are you still wrestling to understand or believe? • What steps do you need to take to put Christ back at the center of your salvation story?