

More Than a Name

Module: IDENTIFIED WITH

Lesson 4: WITH GUILT AND DOUBT

Objectives:

- Students will begin to understand that God can work past or through moments of doubt and feelings of guilt

Materials Needed

- Writing utensils
- Copies of handout “Dealing with Doubt and Getting over Guilt”

Minds On

To start the night, have students pair up and form two circles, one inside of each other with the pairs standing behind each other. Have the inside student close his/her eyes. Designate one pairing as 'it'. The goal is for the student with his/her eyes closed that is "it" to bump into all the rest, which would eliminate them. The students with their eyes open will be the guide for the students with their eyes closed. They are only allowed to use their voices to guide the other students. Depending on how quickly it goes, repeat the game with the last person eliminated as the "it" person.

Say something like: It can be very hard to trust someone when you can't see. You don't know if they are trying to trick you, or if they are steering you directly into a wall. You become completely reliant on the guidance of someone else...someone you can't see. At any moment, you could have opened your eyes and turned and looked at your partner. It is clear that they are here, and it was still tough to trust them completely. If that's true, how much harder is it to trust in God when we are not even sure he is guiding us at all?

Action

Have the pairings pair up with another group (to make a group of 4) and give them the handout and let them go through the different verses and questions.

Once all the groups have finished with the handout bring them back together and ask the groups to share their answers with each other.

Say something like: Having feelings of doubt or guilt is a common human experience. All of us go through it. The difference between some people is that they do not get held down by it. They know that Christ is bigger than things that they cannot prove, or the sins that they have committed.

Consolidate/Debrief

Allow the students to decide if they want to go into pairs, small groups or stay in the larger group. Ask them to either vocalize some of their doubts and/or feelings of guilt, or at the least write them down. Invite each student to carefully examine themselves and see if they let these things get in the way of their relationship with God. Encourage them to pray through any issues that might come up.

Dealing with Doubt and Getting over Guilt...

Read John 20:24-31

Why did Thomas doubt?

How did Jesus make him believe?

What does he mean by 'blessed are those who have not seen and yet have believed'?

Read Matt 16:13-23

Peter believed in Christ, so why does Jesus call him Satan?

Why does Peter think that Jesus won't die?

Explain the difference between the things of God and the things of man in this situation.

Read Matt 26:30-35 and 69-75

Do you believe Peter when he says he would rather die than deny Jesus?

Why or why not?

What does Peter's denial say about him?

Read John 21:15-19

If you were Peter, and Jesus was asking this, how would you feel?

Would you trust Peter's answer?