

# **The Way Out of Doubt**

**By Kim Bond**

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Questions about this publication should be directed to

[songofsolomon8@outlook.com](mailto:songofsolomon8@outlook.com).

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## 25 Reasons You Doubt Christianity

There are many reasons people doubt Christianity. How many of the following reasons apply to you? Answer true or false.

1. I avoid certain situations because I am fearful.
2. I suffer from deep emotional pain.
3. My family says I am stubborn.
4. I hate conformity.
5. I have not forgiven someone for abandonment/death/divorce.
6. I have not forgiven persons for neglect/abuse.
7. I have not sought healing/counseling for neglect/abuse.
8. It is hard for me to accept my own vulnerabilities/weaknesses.
9. I think I should be the master of my own life.
10. I do not think God is loving.
11. I do not think Jesus is the Son of God.
12. My family is the most important thing to me.
13. I often worry and have anxious thoughts.

14. I have not sought information about God.
15. I depend on my physical beauty to gain approval.
16. I depend on my skills/success to gain provision.
17. I depend on financial comforts to protect me.
18. I depend on indulgence/pleasures to make me happy.
19. I depend on intellectualism to make all of my decisions.
20. Doing what is right seems boring to me.
21. I enjoy the things you would call “sins.”
22. People consider me a rebellious person.
23. Friends think I have too much pride.
24. No one has taken the time to explain the deeper things of Christ.
25. I have never asked Christians about God or to visit their church.

Even one single reason can block you from knowing the true God. You need God’s help to see He is loving, and Christ is his only son.

PRAYER: Lord, all of creation is evidence you exist. Forgive me for my doubt. Thank you for your patience with

me. Help me to confident you are real and that Jesus died for my sins. In Christ's Name, Amen.

## **I'm a Good Person**

You may think you are a good person, but Jesus does not agree with you. How do I know? In Mark 10:18, Jesus said, “No one is good — except God alone.”

If you kept all of the Ten Commandments, you did not keep all of them perfectly. Even if you did, there are many more wrongdoings that qualify as sins. In fact, knowing the right thing to do in a circumstance and failing to do it is a sin according to James 4:17.

Yet somehow Jesus kept every commandment perfectly. How? Because he is the Son of God. The good news is he died to pay for your sins and the sins of the whole world. If you die today and face judgment, please don't try to justify your sins by saying “I'm a good person.” Your best bet is to simply say, “Jesus died for my sins.”

PRAYER: Lord, you are sinless. I confess I am not a good person. Thank you that you accept me based on Jesus' righteousness and not my own efforts. Open my eyes to

the reality of my sins and sanctify me. In Christ's Name,  
Amen.

# Relationship

Becoming a Christian could be compared to a marriage. Every day some couple will meet. Eventually the man will propose, and the woman will accept. Then there will be a formal ceremony, and the couple maintains their relationship with love, conversation, dates, and gifts.

Our spiritual journey is the same way. Christians must first become aware of God and realize he is good. Next they must get to know him through life circumstance and mutual acquaintances. Then they will accept his offer of forgiveness and get baptized. Finally, he or she becomes a part of God's family and attends church with them. As time goes on, you continually maintain your relationship by loving him, meeting him in prayer, and reading his words in the Bible.

Have you skipped a step in your relationship with God? Do you consider yourself a Christian even if you have never officially accepted God's offer for forgiveness? Are you

failing to interact with his family in church? Have you failed to maintain your relationship by becoming cold or indifferent to his words? Hebrews 3:15 reminds us not to harden our hearts if we hear his voice today.

PRAYER: Lord, You are a good and loving God. I confess I have not given our relationship the priority it should have in my life. Thank you that you offer of forgiveness and salvation. I accept! Help me to take every measure to start and maintain a loving relationship with you. In Christ's Name, Amen.

## Financial Comforts

You may not consider yourself wealthy, but you probably enjoy a number of financial comforts. In Mark 4:19, Jesus warns that money deceives us. Humans view it as a way to escape life's troubles. Money can buy us a home in the safe part of town as well as food and clothes. We can use it to attract friends and a spouse. Some may even use it to bribe their way out of natural consequences for wrongdoing and avoid the punishment that would set them on the right path. Beauty is similar to riches because it can be a source of pride and be used to manipulate people into giving you the necessary provision.

The companionship, provision, and safety that money or beauty brings blinds us to our most desperate true needs. Without them, we would quickly realize we need to take refuge in God, seek the companionship of Christ, and consume our spiritual food. If you think money is causing you to doubt God, then consider contributing your next paycheck to a good cause that serves in the name of

Christ. If you think beauty is leading you astray, refrain from using makeup and wearing nice clothes this week to help you realize your need of God.

PRAYER: Lord, you are the source of all good things. I admit I have taken comfort in worldly things. Thank you that you provide all I need. Remove the blinders that money and beauty have put on my eyes and cause me to hunger for my true spiritual needs. I understand my eternal destination may depend on it! In Christ's Name, Amen.

# Intellectualism

Your intelligence probably helped you excel in school and your career. However, you probably also noticed its limitations. When your career demanded someone with creativity and charm, your intelligence may not have helped in that circumstance. Being smart did not help out much in gym class either. No, the jocks excelled during that hour. Your intelligence will not help you much in your relationship with God either. 1 Corinthians 1:27 says God uses the foolish things of the world to shame the wise.

God made salvation so simple that even a child can understand it. Intellectuals cannot depend on their intelligence to give them the right answers about God. The answers must be found in the Bible. Just as someone struggling in school might have turned to you for tutoring, sometimes intellectuals should make an appointment with a Christian friend or pastor for spiritual guidance.

PRAYER: Lord, you are far wiser than me. Forgive me for depending on my intelligence instead of seeking you. Thank you that you are willing to reveal the hidden things of the world to me and make me knowledgeable about you through the Bible. Help me to see my own weakness and stop depending on myself. Then I can seek you and find you. In Christ's Name, Amen.

## Covetousness

Was there something you remember that you just had to have? Competitive persons may sincerely desire the team shirt with its latest victory on it. Persons with a desire to be beautiful may want the latest makeup and clothes. Other people may want the love of someone else's spouse or significant other. All of our desires cry out for the needs of the soul for love, approval, and acceptance.

God can satisfy those needs when we cry out to him, but the fixation on a desired object stifles that plea according to Mark 4:19. Since the object never truly satisfies the soul, our need for more clothes, victories, and affairs multiplies exponentially.

PRAYER: Lord, you are the lover of my soul and a friend that sticks closer than a brother. I acknowledge my covetousness. Thank you that you died for my sins. Satisfy the deep needs of my soul permanently with your everlasting love. In Christ's Name, Amen.

# Worry

Children in healthy families with plenty of resources do not worry whether their fathers will provide the necessities of life. However, those of us who come from unstable or broken families do. Perhaps your parents were either never married or divorced and your father did not provide for you. Maybe your dad was an alcoholic or addicted to drugs so he was preoccupied with the substance instead of earning a living. It could be that your family did everything right, but the income was less than needed to sustain your household. All of these circumstances can cause a pattern of worry.

Yet all of that worry has been a waste of time since you accepted Christ as your Savior. Since then you became an adopted child of God. Philippians 4:19 states God will meet all of your needs according to the riches of his glory in Christ Jesus. You have begun living off of his provision. He made a way for you to get your job, and he makes sure you are still employed. Even if you lose your job, he makes

sure your friends and relatives have compassion on you. He arranges life circumstances to sustain your life somehow so there is no need to worry. There is only a need to trust your heavenly Father has the power and love to provide for you.

PRAYER: Lord, you are my provider. I confess my lack of trust in you. Thank you that you have sustained my life and provided for my needs. Help me to put my full trust in you and stop worrying about the future because you have good plans for me. In Christ's Name, Amen.

## Survival of the Fittest

After reading Darwin's *On the Origin of Species*, Herbert Spencer coined some phrases that are still familiar to us today such as "survival of the fittest" and "only the strong survive." If we are to rely on such terms, we should believe weak animals and humans will die out eventually and the only ones left will be the strong adapted evolutionary superior.

One thing can be certain. Those who parrot these phrases in modern life enjoy the thought of superiority themselves. They like to think highly of themselves because it is much more comfortable than their true feelings about themselves. If they could lay down their pride and look into their heart with honesty, they would see they are suffering from low self-esteem. Beyond the psychology of it, let's consider what the Bible has to say about this theory.

Unsurprisingly, God delights in turning these phrases on their head. Think about it. David, the young shepherd boy,

defeats Goliath the giant. In Judges 7, Gideon gained victory against 120,000 warriors versus his 300 men! In 1 Samuel 14, the 600 Israelites gain victory over a massive army. There is one reason for these victories. These Biblical heroes trusted in God for victory instead of depending on their own strength to survive. 1 Peter 5:5 states "...God resists the proud, but gives grace to the humble."

Ask yourself some questions today. Do you enjoy feeling superior? Deep inside, are you afraid you may not be "enough"? Can you admit you need God for victory? Will you trust God with your life?

PRAYER: Lord, you are a powerful God. I admit I am weak and self-conscious. Forgive my pride and deliver me from it. Thank you that you are more than enough. Help me to achieve victory according to your will for my life. In Christ's Name, Amen.

## Unable to Forgive

Think of some of your life tragedies. A parent may have abandoned you. An adult may have robbed you of your innocence. A family member may have been murdered. Can you forgive that person?

In a sort of a kneejerk reaction, you may say no. However, you cannot firmly deny forgiveness to those who have wronged you and have a relationship with Christ. In Christianity, God forgives you everything you ever did wrong. That adds up to quite a lot! He only asks that you forgive those who have sinned against you. The truth is clearly stated in Matthew 6:15: "But if you do not forgive others their sins, your Father will not forgive your sins."

Daily make a point to verbally forgive the person who committed an offense against you until you feel you have fully forgiven him or her. In some circumstances, it may be helpful to get counseling to work through the intense

emotions you have never fully expressed from the traumatic circumstance.

PRAYER: Lord, you are a forgiving God. I recognize my inability to forgive someone in my life. Thank you that you offer the strength to forgive. Help me, oh God, to forgive everyone who has sinned against me because you forgave me. In Christ's Name, Amen.

# Identity is Everything

Take moment to consider this question: Who are you?

What answer came to your mind? Was it your affiliation to your family? If you answered “I am Jane’s husband/daughter/son/father/mother,” then you probably find your identity in family. If you answered according to your profession (such as “I am a lawyer/welder/model”), then you may find your identity in your career.

Families and careers are good things, but finding our identity in something temporary such as a relationship or career can prevent us from seeing our eternal identity. Would it be possible for you to answer the question like this: “I am God’s child, and his servant”?

If you are interested in pursuing a serious relationship with God, then it is time to find your identity in him as well. Bringing God to your focus will help you to doubt less and be confident in your faith.

The best thing about finding our identity in God is that He is unchanging and eternal. One day you may quit, get laid off, or retire, but God will always provide for you and give your life purpose. Due to distance, death, or divorce, your family roles may change. Yet God has said in Hebrews 13:5 that he will never leave you or forsake you.

PRAYER: Lord, you are my heavenly father. I admit I have tried to make my worldly roles more important than my identity in you. Thank you that you have adopted me into your family. Improve my ability to first identify myself as a child a God. In Christ's Name, Amen.

## Need for Uniqueness

Lots of people are Christians. Could that be the reason you reject it? Everyone has a desire to be unique. In settings where there is little room to express uniqueness, that craving may be magnified. Consider the school setting. Students are rarely treated as individuals. They do not often have the right to choose what they will read or study. In this setting, we would expect to see individuals with a strong desire to differentiate themselves. Hence, we sometimes see the odd-colored hair or attention-grabbing clothes. The desire for uniqueness can also be seen in the large corporation setting with the cubicle decorations. The longing for uniqueness also intensifies for people with personalities that would be considered independent.

Are you in a setting where you are not treated like an individual? Would you consider yourself independent? Do you shy away from clothing trends and follow your own fashion rules? Don't let these factors affect your decision to accept or reject Christ. Give Christianity a fair chance. Let

go of everything you think you know and research it. Don't reject it because you know a few basics or just because it is popular!

PRAYER: Lord, you created me. I admit I have turned from you and your ways because I want to go my own way. Thank you that you made me so uniquely. Help me to embrace Christianity and shine the light of Christ in my own way. In Jesus' Holy Name, Amen.

## Pride and Rebellion

You may have been the kid who always did the opposite of what your parents told you. Did you have to do everything your own way? Do you hate asking for help? Even though you are older, you may be holding onto these stubborn personality traits.

It is possible you embrace other religions because they promise a way for you to earn your way into heaven without Jesus' help. Maybe you think other people need Jesus, but you do not. It is time to be honest with yourself. You do need Jesus to get into heaven. There is no way to do it on your own. You are not better than any of the rest of humanity. We have all failed and fallen short of the glory of God according to Romans 3:23.

PRAYER: Lord, you are able to things I cannot. Forgive me for turning away from you and trying to do things on my own. I admit I cannot earn salvation. I need your help! Your precious blood is the only payment that is acceptable for

my lifetime of sins. Thank you for dying for me on the cross. I accept your plan for salvation as the only way to gain eternal life. In Christ's Name, Amen.

# Reincarnation

Do you believe in Jesus but also think reincarnation is a possibility? When you think it through, the combination of the two belief systems is simply incompatible. Let's look at both belief systems.

In reincarnation, humans are granted multiple chances to obtain a type of perfection. In this belief system, people work at achieving the right attitude and actions.

Now, let's look at Christianity as it is presented in John 3:16. Instead of mankind achieving perfection for himself, God sent his one and only Son so that whoever believes in him can obtain eternal life. With this act of humility, the person is granted a perfect standing before God as a gift. Then the Holy Spirit lives alongside of their soul to influence him or her to make the right choices and attitudes.

Do you see how the two cannot be reconciled? Either perfection is earned or it is a gift. If you have accepted Jesus Christ as your Savior, then let go of your false beliefs in reincarnation. Put your full TRUST in Jesus Christ to make you presentable before a perfect God. Even with unlimited lifetimes, you will never be able to achieve the kind of perfection that our holy and glorious God is worthy of. Jesus is the only one who can do that.

PRAYER: Lord, you are the giver of life, and you only gave me one life. I admit I exchanged the truth of your complete salvation for the lie of reincarnation. Thank you that your death on the cross was sufficient for all of my sins and that you have sent your Holy Spirit to help me make the right choices. Help me to be fully convinced that the Holy Bible is the truth and live by it. In Jesus' Name, Amen.

## A Little Buddha for Good Luck

Do you have a little Buddha statue in your home for good luck? Let's talk straight. If that little statue is bringing you any luck (good or bad), then it is more than a statue. We both know statues are made from cement or other common materials. They have no power in and of themselves. If your statue *is* endowed with power, then it has a source and God is not it. How can we be sure?

Buddha's claim is contradictory to Jesus' claim. The ancient man called Buddha claimed to know a different way than Jesus. Yet Jesus specifically said in John 14:6, "I am the way, and the truth, and the life. No one comes to the Father except through me." He did not say one of many ways. He said "*the way*." Millions of people have adopted Buddhism as their religion instead of accepting Jesus Christ as their Savior. Buddhism and its ways are in opposition to Christianity.

What about you? Have you accepted Jesus as your Savior? If yes, then stop advertising a false way. Stop trying to gain fortune outside of God's will. Toss out the statue. Pray to God for the blessings you want in your life. If that is what is best for you, our powerful God will delight in bestowing the blessing and provision you want in your life because he loves you.

PRAYER: Lord, you are the only God. Forgive me for all of the ways in which I have not put my full trust in you as my provider and Savior. Thank you for inviting me into the kingdom of God. Help me not to take that for granted. In Christ's Holy Name, Amen.

## What's Your Sign?

Seriously, what is your sign? You probably know without looking it up, don't you? Astrology has become part of culture. Some look to it for hints about the future and for guidance. In today's society, we can read our horoscope just about anywhere. I think we can both agree that astrology and psychics are not 100 percent correct. Even if it is partially correct, knowing the future is not necessarily advantageous.

Life is what happens to us when we are making other plans. It's a famous quote first noted in Reader's Digest 1957, but it has been repeated in multiple variations in songs and movies. Think about it. What great parts of your life happened to you unintentionally? In general, it is not good for us to know the future. If there is something we need to know, God can communicate it to us since he is the only one to clearly and perfectly see the future. If we need guidance, wouldn't it be best to ask the Lord? Isaiah

30:21 tells us whether we turn to the right or the left, a voice will tell us the way and to walk in it.

Sometimes you may not sense a clear answer and feel lost, but you can trust God for peace and to ask him to show you the steps. If you still feel lost after a time, then talk to a Christian friend. Another person with the same Holy Spirit in them that is inside you can draw out some deeply hidden God spoke to your heart and confirm what you think you have heard.

A close relationship with God will put you on the right steps for your best happiness in God's perfect will for your life. If you have never committed your life to Christ, you are on a path away from God and may be feeling despair. It is never too late to turn that around. Give God the reigns of your life by accepting Christ into your heart and receiving the gift of the Holy Spirit inside you.

PRAYER: Lord, you are omniscient. I confess I have looked to other sources for guidance and knowledge of the future. Thank you for sending Christians my way to speak

life and wisdom into me. Help me to turn to you when I need guidance and trust that you are setting me on the best path to your perfect will for my life. In Jesus' Name, Amen.

## Christianity is Boring

Even if you currently view pornography, drink alcohol, or use drugs, there was probably a time in your life you considered that behavior wrong. Somehow you convinced yourself it was alright, and now you see nothing wrong with it. In fact, you probably think it is fun and no harm comes from it.

That's because sins have the ability to disguise reality from us. James 1:15 reminds us that sin leads to death. All of those things I listed do great harm to our society every day. Even if you have convinced yourself it does not, all sins harm our relationship with God. Which sin has disillusioned you? If you want to rid yourself of doubt, ask God to show you how that sin is harming your relationship with God.

PRAYER: Lord, you know everything including my inmost desires. Forgive me for enjoying my sins. Thank you that you make a way out of a temptation. Give me the strength to turn from my sins and seek after the adventures you

have for me. Help me to turn to you for excitement and comfort. In Christ's Name, Amen.

# Judgement

You have heard it, and so have I. Maybe you have even said it or thought it. It is the phrase: I don't want to be judged. We think if we somehow hide our real selves when we are around our Christian friends or leave out certain details from the stories we tell that we can avoid judgement. Unfortunately, hiding our real selves robs us of authentic relationships and close friendships.

The fear of judgement can be even more harmful when we apply it to our spiritual lives and relationships. You may be rejecting the idea of salvation or delaying acceptance of Christ because you fear being judged by God. 2 Corinthians 5:10 tells us we will all be judged. Our decision for Christ now washes us clean of all of those mistakes and sins that we feel ashamed about so that God only sees a spotless version of us. If you do not come to Jesus now for our salvation, then you will be judged according to your many sins by a perfect God with no hope for justification, redemption, or purification.

The Bible says, "...today is the day of salvation." We are not guaranteed a single more day in this lifetime, and judgement is certain. You admit you are a sinner—I admire that! You are ashamed of your sins—that's admirable too! Now take the additional step and ask Christ for your salvation so that you can be judged a pure and spotless saint. Then you can enjoy eternal life with the rest of God's people.

PRAYER: Lord, you are merciful. I admit my fear of judgment has turned me away from you. Thank you for your grace and generous offer to cleanse me of my sins. Help me to trust in your salvation and come boldly before the throne of grace. In Jesus' Holy Name, Amen.

# Rejection

According to scientists, rejection triggers real pain in our bodies. Think back to the times you experienced rejection. It may still hurt to think about it. You may have been rejected by one or more parents. Siblings or school peers may have rejected you. Then there is the most painful type of rejection: unrequited love. Now think of the times you have rejected others. You may barely be able to remember those people, but they remember you because they still feel the sting of your rejection.

Consider for a moment how God might feel. Yes, that's right—God. Have you rejected him? Has he reached out to you through other Christians only to have you shut them down? Have you been invited to church and rejected their invitations? God has all of the emotions that humans do. Genesis 1:27 tells us we are made in his image. In fact, he loves so much more deeply than any human ever has. If you are currently experiencing rejection from someone you love, perhaps God is using that circumstance to

demonstrate His love for you and your rejection of Christ. I encourage you to stop rejecting the God who loves you and accept Christ into your heart. It is the best decision you will ever make.

If you are a Christian who has accepted Christ as your Savior, you may want to take a moment now to forgive those who rejected you. After all, there was a time you rejected Christ and He forgave you. Set yourself free from bitterness and say aloud, "I forgive \_\_\_\_\_ for \_\_\_\_\_." Now take a minute to ask God to move the hearts of those you rejected to forgive you. There. That's better, isn't it? Stay blessed.

PRAYER: Lord, you are a God of love. I admit I have become bitter about rejection and other things from the past. Thank you for loving me unconditionally with an intense and pure love and accepting me. Help me to let go of the past and move on with my life so I can love others with the overflow of your love. In Christ's Precious Name, Amen.

## Why, God? Why?

We hear of some tragedy. Someone has been murdered. Someone committed suicide. Natural disasters claim lives. Each of us individually asks God the same question: Why?

If you have read even to the third chapter of Genesis, you have heard God's answer. God spoke to Satan, who took the form of a serpent in the Garden of Eden to tempt mankind to sin. God cursed Satan with these words: He will crush your head, and you will bruise his heel. The curse foretells of Satan's minor triumph of putting Jesus to death in the body. It also foretells Christ's great victory over Satan. Jesus rose from the dead, which opened the way for all people to gain eternal life.

How does this verse explain modern tragedy? Today when we learn of someone's death in the body, keep in mind that Satan has merely "bruised their heel." Jesus has already gained the ultimate triumph by giving that person eternal life if that person has put his or her trust in Jesus Christ as

their Savior. It's healthy to miss someone and mourn their loss, but it is not right to blame God and dwell on the tragedy.

PRAYER: Lord, you gained victory for all of mankind with your death on the cross. I confess I have blamed you for taking away people I have loved instead of thanking you for giving them eternal life. Thank you that one day I will be reunited with them in heaven. Help me to focus on your promise of eternity instead of the intense sorrow of death in times of tragedy. In Christ's Powerful Name, Amen.

## Self-Centeredness

Christians should make every effort to be good stewards of the earth, and this means we must stop looking out for our best interest and instead sacrifice time and resources to ensure future generations can live long healthy lives. Regardless of our efforts, we know this earth will not continue to sustain life forever. Matthew 24:35 tells us the earth will pass away. The question is: what will happen to us? The outcome is not the same for all of us because it is an individual choice whether or not to accept Christ. Are you willing to admit you cannot save yourself? Are you willing to turn from your self-centeredness? Are you willing to accept a Savior so that you can have eternal life after this earth has come to its final end?

PRAYER: Lord, you created the universe. I admit I have not done everything I can to ensure future generations can enjoy it because I was preoccupied with meeting my own needs. Thank you for creating a better place for us to reside when this earth passes away. Help me to turn from

my self-centeredness and look out for others. Inspire me to take small steps to improve the environment for future generations. In Christ's Name, Amen.

# Fear

Do you consider yourself an anxious person? Anxiety is caused by a fear of the future that is made worse by dwelling on troubles. Fear is like a long rope that binds us from escaping the dangers of a situation. In fact, your fear may be preventing you from a firm Christian faith.

Take a moment to envision yourself going to God's throne. What are you wearing? Lots of clothes and/or a hood may indicate you are too afraid to go to God with your sins. What do you do next? Could you find the courage to fall on your knees and ask God for forgiveness?

If so, why don't you consider doing it now? The Bible tells us we are eternal beings. We will either be sent to heaven or hell based on our decision to accept Christ as Saviour.

PRAYER: Lord, you are a healer. Forgive me for my anxiousness. Thank you that you have not given me a spirit of fear but of power, love, and a sound mind. Show

me your true character and remove everything that hinders me from coming to you. In Christ's Name, Amen.

## **Trust the Process**

You may not be doubt free after reading this publication, but I hope you have gained a new appreciation for the factors affecting your doubt. Not all doubt is initiated by the information presented to us. Sometimes doubt exists because of the filter over our eyes that transforms the information as it reaches our very soul. Our only hope for overcoming doubt is to be honest with ourselves about our attitudes and past experiences. When we understand that truth, we can take steps to change our motivations and think in new ways about our faith. If you continue to earnestly seek God in relationship and through his Bible, he will lead you beside quiet waters and give you peace and confidence in Christ. 2 Timothy 2:13 tells us even if we are faithless, he remains faithful. Remember God knows your heart and your struggles. I pray he will make his deep love known to you. Thanks for reading and stay blessed!