

Dealing with Doubts

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Everyone has doubts. But how do you deal with your doubts? Your teenager's doubts? Open up communication by embracing doubts rather than by being threatened or frightened by them.

For
Teen Family

Season
Summer

Needed

Bible, movie: *Doubt* (rated PG-13), a piece of 8 ½-inch by 11-inch white paper for each family member, a pen for each family member

Prepare in Advance

- Mark your Bible to Exodus 3:1-22 and Exodus 4:1-17 (or see last two pages)
- Rent the movie: *Doubt*
- Get a piece of white paper and pen for each family member

Activity Plan

1. Say this prayer aloud to begin.

God, sometimes we have doubts. Be with us in our doubts and help us to work through our questions. Amen.

2. Give each family member a piece of paper and a pen. Explain that one family member will read aloud the scripture passage. Have family members write each doubt that they hear onto their piece of paper. Have a family member read aloud Exodus 3:1-22 (The Burning Bush) and Exodus 4:1-17 (Moses Given Powerful Signs).
3. When the reading is finished, talk about which doubts family members found in the scripture passage. Which doubts do they think were most valid? Which were lame excuses? Why did Moses have so many doubts?
4. If you (or someone you know) has had major doubts about faith and you feel comfortable sharing it, talk about it. What was it like to have doubts? How did the doubts help you to grow in your faith?
5. Watch the movie: *Doubt*. Encourage family members to watch for which character they most believed and which character they had the most doubts about.

6. After you finish the movie, talk about the characters. Whom did they believe? Whom did they doubt? Why was the movie called *Doubt*? (Don't be surprised if different family members admire and have doubts about different characters. The point of the movie is purposefully not clear, and people can walk away with different interpretations. That's okay. Dig into these different perspectives and see the value in them.)
7. Talk about how family members can support each other when someone in your family is having doubts of faith. How can you become more open to doubts without feeling your faith is being threatened?
8. Celebrate your strengths as a family. Keep talking and continue supporting each other when family members have doubts and/or different perspectives.
9. Close with a prayer:

God, thank you for being present with us during our times of great belief and our times of doubt. Amen.



The Burning Bush

Exodus 3:1-22

Now Moses was keeping the flock of his father-in-law, Jethro, the priest of Midian, and he led his flock to the west side of the wilderness and came to Horeb, the mountain of God. And the angel of the Lord appeared to him in a flame of fire out of the midst of a bush. He looked, and behold, the bush was burning, yet it was not consumed. And Moses said, "I will turn aside to see this great sight, why the bush is not burned." When the Lord saw that he turned aside to see, God called to him out of the bush, "Moses, Moses!" And he said, "Here I am." Then he said, "Do not come near; take your sandals off your feet, for the place on which you are standing is holy ground." And he said, "I am the God of your father, the God of Abraham, the God of Isaac, and the God of Jacob." And Moses hid his face, for he was afraid to look at God.

Then the Lord said, "I have surely seen the affliction of my people who are in Egypt and have heard their cry because of their taskmasters. I know their sufferings, and I have come down to deliver them out of the hand of the Egyptians and to bring them up out of that land to a good and broad land, a land flowing with milk and honey, to the place of the Canaanites, the Hittites, the Amorites, the Perizzites, the Hivites, and the Jebusites. And now, behold, the cry of the people of Israel has come to me, and I have also seen the oppression with which the Egyptians oppress them. Come, I will send you to Pharaoh that you may bring my people, the children of Israel, out of Egypt." But Moses said to God, "Who am I that I should go to Pharaoh and bring the children of Israel out of Egypt?" He said, "But I will be with you, and this shall be the sign for you, that I have sent you: when you have brought the people out of Egypt, you shall serve God on this mountain."

Then Moses said to God, "If I come to the people of Israel and say to them, 'The God of your fathers has sent me to you,' and they ask me, 'What is his name?' what shall I say to them?" God said to Moses, "I am who I am." And he said, "Say this to the people of Israel, 'I am ' has sent me to you.'" God also said to Moses, "Say this to the people of Israel, 'The Lord, the God of your fathers, the God of Abraham, the God of Isaac, and the God of Jacob, has sent me to you.' This is my name forever, and thus I am to be remembered throughout all generations. Go and gather the elders of Israel together and say to them, 'The Lord, the God of your fathers, the God of Abraham, of Isaac, and of Jacob, has appeared to me, saying, 'I have observed you and what has been done to you in Egypt, and I promise that I will bring you up out of the affliction of Egypt to the land of the Canaanites, the Hittites, the Amorites, the Perizzites, the Hivites, and the Jebusites, a land flowing with milk and honey.' And they will listen to your voice, and you and the elders of Israel shall go to the king of Egypt and say to him, 'The Lord, the God of the Hebrews, has met with us; and now, please let us go a three days' journey into the wilderness, that we may sacrifice to the Lord our God.' But I know that the king of Egypt will not let you go unless compelled by a mighty hand. So I will stretch out my hand and strike Egypt with all the wonders that I will do in it; after that he will let you go. And I will give this people favor in the sight of the Egyptians; and when you go, you shall not go empty, but each woman shall ask of her neighbor, and any woman who lives in her house, for silver and gold jewelry, and for clothing. You shall put them on your sons and on your daughters. So you shall plunder the Egyptians."



Moses Given Powerful Signs

Exodus 4:1-17

Then Moses answered, "But behold, they will not believe me or listen to my voice, for they will say, 'The Lord did not appear to you.'" The Lord said to him, "What is that in your hand?" He said, "A staff." And he said, "Throw it on the ground." So he threw it on the ground, and it became a serpent, and Moses ran from it. But the Lord said to Moses, "Put out your hand and catch it by the tail" --so he put out his hand and caught it, and it became a staff in his hand-- "that they may believe that the Lord, the God of their fathers, the God of Abraham, the God of Isaac, and the God of Jacob, has appeared to you." Again, the Lord said to him, "Put your hand inside your cloak." And he put his hand inside his cloak, and when he took it out, behold, his hand was leprous like snow. Then God said, "Put your hand back inside your cloak." So he put his hand back inside his cloak, and when he took it out, behold, it was restored like the rest of his flesh. "If they will not believe you," God said, "or listen to the first sign, they may believe the latter sign. If they will not believe even these two signs or listen to your voice, you shall take some water from the Nile and pour it on the dry ground, and the water that you shall take from the Nile will become blood on the dry ground."

But Moses said to the Lord, "Oh, my Lord, I am not eloquent, either in the past or since you have spoken to your servant, but I am slow of speech and of tongue." Then the Lord said to him, "Who has made man's mouth? Who makes him mute, or deaf, or seeing, or blind? Is it not I, the Lord? Now therefore go, and I will be with your mouth and teach you what you shall speak." But he said, "Oh, my Lord, please send someone else." Then the anger of the Lord was kindled against Moses and he said, "Is there not Aaron, your brother, the Levite? I know that he can speak well. Behold, he is coming out to meet you, and when he sees you, he will be glad in his heart. You shall speak to him and put the words in his mouth, and I will be with your mouth and with his mouth and will teach you both what to do. He shall speak for you to the people, and he shall be your mouth, and you shall be as God to him. And take in your hand this staff, with which you shall do the signs."

