

# **FAITH** **UNDER** **CONSTRUCTION**

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STUDY GUIDE WITH  
DISCUSSION QUESTIONS

## **Am I Doing this Right?: Navigating Doubt, Disappointment & Faith**

*Lisa Fields, an entrepreneur, ministry leader, author, and the founder of the Jude 3 Project, joins hosts Rasool Berry and Christin Thorpe as they discuss ways churches can welcome questions of doubt without judgement or dismissal.*

1. Christin Thorpe quotes a Barna Study: “49% of people say that they’ve gone through a period where they significantly doubted their faith.” Have you ever seriously doubted your faith? What’s a question or doubt you’ve had about God that you’ve been hesitant to say out loud?
2. When doubt shows up for you, what do you tend to do with it—ignore it, wrestle with it, research it alone, ask others about it, or bring it to God?
3. Read Mark 9:24. Where do you relate to the tension of “I believe—help my unbelief”? What does that look like in your life right now?
4. “You can’t write a book about pain if you don’t include your own pain.” —Fields. In Scripture, we see God use people’s real stories, not perfect ones, to reveal Himself. Can you share a moment where God met you in your pain, and how that story has impacted someone else? Or share a time when someone else’s testimony met you in your own struggle. How did God use their story in your life?
5. Lisa Fields points out that some struggles with faith aren’t about understanding; they’re rooted in real pain. Read John 11:30–32. What do you notice about Mary’s response to Jesus? What does her statement reveal about what she’s feeling? What does this passage show us about how honest we can be with Him?
6. Fields says that peace isn’t just a feeling or an emotion, but it is more of a state. And it also requires us to accept that it can only come from God. Read John 14:27 How is God’s peace different than any peace you can get from other sources? Share how you’ve experienced his peace that transcends all understanding.
7. Lisa Fields says, “Peace with God can push you through the work of making peace with other people.” Read Hebrews 12:14.
  - a. What do you think it actually looks like to “make every effort” to live in peace with others, not just in theory, but in real relationships? Why do you think Scripture calls us to pursue peace, even when it’s difficult?
8. Read Genesis 32:22–32. Fields states, “Wrestling is a continual journey because with each battle, you gain more intimacy and more clarity about who God is.” How have your struggles strengthened your faith?”

9. Lisa Fields says that sometimes we place leaders in a position in our hearts that only belongs to God. Have you ever been impacted, positively or negatively, by a spiritual leader? How did that shape your view of faith or the church? What do you think happens when we expect from people what only God can give? How does re-centering God as the one who is ultimately trustworthy change the way you view leadership?
10. The speakers discuss how easy it is to misunderstand God's message when it's being preached either in person or from information we get online. Berry says, "We need to sometimes put the phones down, the devices down, and get in God's presence so we can really be realigned." Read Psalm 1:1–3. What does this passage show about being shaped by the voices around us versus being rooted in God's Word?

**Closing Prayer:**

Lord,

Thank You for meeting us here. Thank You that we can come to You honestly—with our questions, our doubts, and our pain.

Help us trust You more than people, more than what we see, and more than what we feel. Realign our hearts with Your truth.

Give us courage to walk with You this week—and to live out what we've heard.

In Jesus' name,  
Amen.