

**Daily Reflection on Scripture**  
**Week of October 8**  
**When Faith Meets Life Week 6:**  
**Doubt**



**Sunday October 8**

*Proverbs 3:5-6 Trust in the LORD with all your heart, and do not lean on your own understanding. In all your ways acknowledge him, and he will make straight your paths.*

**Sacred Pause** Trusting in God doesn't mean that you cannot have doubts. You will have doubts. Doubts lead to questions, questions can lead you to a deeper trust in God.

**Monday October 9**

*Habakkuk 1:2-3 LORD, how long will I call for help and you not listen? I cry out to you, "Violence!" but you don't deliver us. Why do you show me injustice and look at anguish so that devastation and violence are before me? There is strife, and conflict abounds.*

**Sacred Pause** – Today, can you choose to not listen to negative news? Instead choose to focus on the love of God in your heart? May God's love lead you to deeper faith.

**Tuesday October 10**

*Lamentations 3:22-24 Certainly the faithful love of the LORD hasn't ended; certainly God's compassion isn't through! They are renewed every morning. Great is your faithfulness. I think: The LORD is my portion! Therefore, I'll wait for him.*

**Sacred Pause** – Focusing on the faithfulness of God in the past can help you wrestle through your doubts today. Think: The Lord is my portion, therefore I'll wait on the Lord

**Wednesday October 11**

*Jude 1:22 Have mercy on those who doubt....*

**Sacred Pause** – Doubt can open the door to new discoveries. Doubt is curious. Doubt searches the soul. Show mercy to honest doubt, for it can lead to greater faith in God.

**Thursday October 12**

*Mark 9:23-24 Jesus said to him, all things can be done for one who believes. Immediately the father of the child cried out and said, "I believe; help my unbelief!"*

**Sacred Pause** – Doubts can lead us inward to faith. Go inward with this prayer: Inhale: Lord, I believe. Exhale: Lord, help my unbelief. This is faith meeting our doubt.

**Friday October 13**

*Proverbs 3:5 Trust in the LORD with all your heart, and do not lean on your own understanding.*

**Sacred Pause** - Trust is the foundation to all relationships. Trust overcomes doubt. Think of all the good God has brought to your life. Can you trust that goodness today?

**Saturday October 14**

*John 20:27 Then Jesus said to Thomas, "Put your finger here, and see my hands; and put out your hand, and place it in my side. Do not disbelieve, but believe."*

**Sacred pause** – "Doubting Thomas" is a name we give to those who doubt. Yet, Thomas' doubts led him to a deeper faith in God. May your doubts lead you to a deeper faith in God.