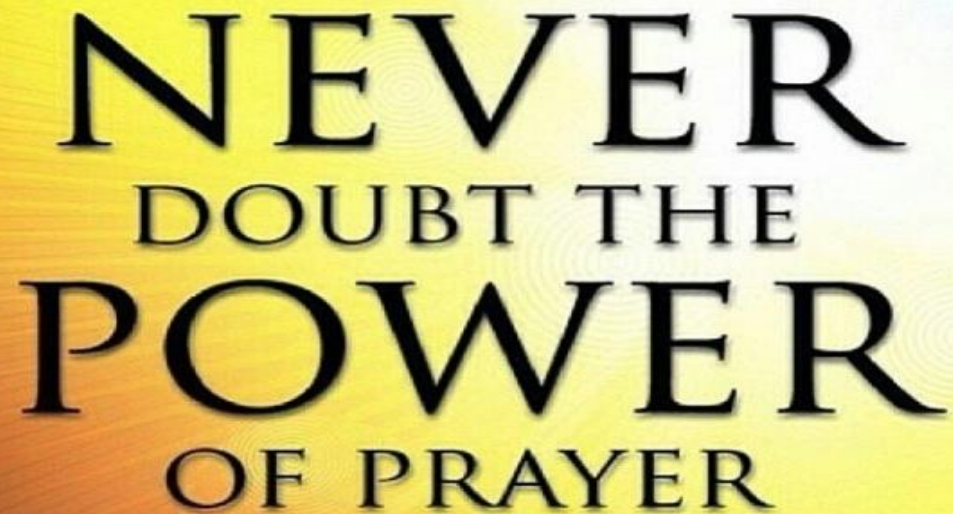


Matthew 13:58

And he did not do many mighty works there, because of their unbelief.



NEVER
DOUBT THE
POWER
OF PRAYER



OVERCOMING
DOUBT AND
UNBELIEF

James 1:6–8

6 But let him ask in faith, with no doubting, for the **one who doubts** is like a wave of the sea that is driven and tossed by the wind. 7 For that person must not suppose that he will receive anything from the Lord; 8 he is a double-minded man, unstable in all his ways.

Unbelief is a matter of the heart. The heart is hardened away from truth

Doubt is a matter of the mind. It questions the truth of something already believed

- Doubting is wavering between two opinions; Back and forth
- Will God? Won't God? Could this be true?
- Doubt is lack of faith...Unbelief is no faith

- **Luke 24:35–39 (NLT) — 35** Then the two from Emmaus told their story of how Jesus had appeared to them as they were walking along the road, and how they had recognized him as he was breaking the bread. **36** And just as they were telling about it, Jesus himself was suddenly standing there among them. “Peace be with you,” he said. **37** But the whole group was startled and frightened, thinking they were seeing a ghost! **38** “Why are you frightened?” he asked. “Why are your hearts filled with doubt? **39** Look at my hands. Look at my feet. You can see that it’s really me. Touch me and make sure that I am not a ghost, because ghosts don’t have bodies, as you see that I do.”
- **DOUBT** n. — Doubt is a thought which considers a situation unlikely or untrustworthy; especially as a result of logical deliberation.
 - The disciples had never seen a man raised from the dead spontaneously.

- **Matthew 14:28–31 (NLT) — 28** Then Peter called to him, “Lord, if it’s really you, tell me to come to you, walking on the water.” **29** “Yes, come,” Jesus said. So Peter went over the side of the boat and walked on the water toward Jesus. **30** But when he saw the strong wind and the waves, he was terrified and began to sink. “Save me, Lord!” he shouted. **31** Jesus immediately reached out and grabbed him. “You have so little faith,” Jesus said. “Why did you doubt me?”
- **DOUBT** n. — Doubt is a thought which considers a situation unlikely or untrustworthy; especially as a result of logical deliberation.
 - Peter had never walked on water, nor had he seen a man walk on water
 - Because of logical deliberation, when the winds came, he began to doubt Jesus

DOUBT \neq UNBELIEF

Doubt
 \neq
Unbelief

When we doubt, we...

1. ...waver back and forth under two opinions.
2. ...will seem to be strong until the other influence is present
 - a. Circumstances cause him to waver. When the circumstances are not there, he is fixed on the “other” opinion.
3. ...attempt to serve two masters.
 - a. Torn between two passions
 - a. Fear and Faith
 - b. Seen and the Unseen
4. ...constantly struggle to accomplish goals and plans



When we doubt, we lack the conviction in our heart concerning the trustworthiness of God to give us the wisdom and then to provide the Spiritual guidance and support we need.

Doubt always presupposes belief in something...can't doubt what is not there first...we are questioning what we believe

When we doubt, we either do not understand God or we call into question His character.

**DOUBT IS NOT UNBELIEF! BUT
QUESTIONING WHAT YOU DO
BELIEVE**

*“doubt is not the
opposite of faith;
it is an element of
faith”*

Paul Tillich

WHEN WE DOUBT...WE QUESTION HIS CHARACTER

- **Deuteronomy 4:40 (NLT)** “If you obey all the decrees and commands I am giving you today, all will be well with you and your children. I am giving you these instructions so you will enjoy a long life in the land the LORD your God is giving you for all time.”
- **Luke 12:32 (NLT)** “So don’t be afraid, little flock. For it gives your Father great happiness to give you the Kingdom.
- **Psalms 84:11 (NLT)** ...The LORD will withhold no good thing from those who do what is right.

SCIENCE IS CATCHING UP WITH THE BIBLE (GOD'S WORD)

This scientific power of our mind to change the brain is called epigenetics and spiritually it is as a man thinks, so is he (Prov. 23: 7). The way the brain changes as a result of mental activity is scientifically called neuroplasticity. And spiritually, it is the renewing of the mind (Rom. 12: 2).

Scientists have found that in a loving and nurturing environment, acetyl epigenetic markers increase on the genes in the hippocampus that keep us calm and peaceful. The more acetyl markers, the more these peace genes in the hippocampus express and dampen the stress response.

Leaf, Dr. Caroline (2013-09-01). Switch On Your Brain: The Key to Peak Happiness, Thinking, and Health (p. 56). Baker Publishing Group. Kindle Edition.

THE POWER OF FAITH AND FEAR...WHY DO WE DOUBT?

WE DOUBT WHEN OUR HEAD AND OUR HEART ARE OUT OF SYNC.

OUR HEAD BELIEVES ONE THING AND OUR HEART BELIEVES ANOTHER.

THE HEART ALWAYS WINS.

SCIENCE HAS NOW CAUGHT UP WITH THE WORD OF GOD.

Psalm 139: 14 (NLT)

Thank you for making me so wonderfully complex! Your workmanship is marvelous—how well I know it.

Dr. Bruce Lipton...*The Biology of Belief*

The Power of The Placebo and The Nocebo Effect

“When the mind, through positive suggestion improves health, it is referred to as the placebo effect. Conversely, when the same mind is engaged in negative suggestions that can damage health the negative effects are referred to as the nocebo effect. In medicine, the nocebo effect can be as powerful as the placebo effect, a fact you should keep in mind every time you step into a doctor’s office. By their words and their demeanor, physicians can convey hope-deflating messages to their patients, messages that are, I believe, completely unwarranted.”

OUR THOUGHTS AFFECT OUR PHYSICAL LIFE: TOXIC BELIEFS

- “75% to 95% of the illnesses that plague us today are a direct result of our thought life.” Dr. Carolina Leaf
- “95% of all diseases are stress related and 5% genetics” Dr. Bruce Lipton
- Dr. Caroline Leaf says thoughts occupy mental real estate and our thoughts shape our brain.
- We can reprogram our brain by changing the way we think.
- Dr. Alexander Loyd says the strongest programming we received happens between 0-7 years of age. Our mind is absorbing every word, experience, image, etc. This program will remain forever with us, unless we learn to reprogram it.

THE POWER OF PRAYER

It has been found that 12 minutes of daily focused prayer over an 8 week period can change the brain to such an extent that it can be measured on a brain scan [1]. This type of prayer seems to increase activity in brain areas associated with social interaction compassion and sensitivity to others. It also increases frontal lobe activity as focus and intentionality increase. As well as changing the brain, another study implies that intentional prayer can even change physical matter. Researchers found that intentional thought for 30 seconds affected laser light [2].

- *1. How God Changes Your Brain: Breakthrough Findings from a Leading Neuroscientist— March 23, 2010 by Andrew Newberg M.D, Mark Robert Waldman. P26,27.*
- *2. Explore (NY). 2008 Jan-Feb;4(1):25-35. Testing nonlocal observation as a source of intuitive knowledge. Radin D.*

GOD SAID IT FIRST! *HAVE FAITH IN (MARK 11:22)*

Romans 12:2 (ESV) Do not be conformed to this world, but be transformed by the renewal of your mind

Romans 12:2 (NLT) Don't copy the behavior and customs of this world, but let God transform you into a new person by changing the way you think.

Mark 11:22–24 (ESV) ²² And Jesus answered them, “Have faith in God. ²³ Truly, I say to you, whoever says to this mountain, ‘Be taken up and thrown into the sea,’ and **does not doubt** in his heart, but believes that what he says will come to pass, it will be done for him. ²⁴ Therefore I tell you, whatever you ask in prayer, believe that you have received it, and it will be yours.

Philippians 4:8 (NLT) And now, dear brothers and sisters, one final thing. Fix your thoughts on what is true, and honorable, and right, and pure, and lovely, and admirable. Think about things that are excellent and worthy of praise.