



## Weathering the Storms

### ***Background***

Several recent studies show that doubt is a constant companion for many young people. The digital generation's level of trust in all institutions—including religion—is at an all-time low. And in many ways, who can blame them? Considering this, how do we help these young people move from distrust to trust, from doubt to faith?

**Doubt can be easier to navigate when it is seen as a natural part of growing in faith rather than an impediment. Unfortunately, the experience of many youth is that the Church is not a place where they can express doubt.**

We must overcome this. It is important that we give our youth, and even ourselves, the space to name and wrestle with doubt as part of everyday faith. The Church has a long history of saints who have wrestled with doubt on their faith journeys. Let's help our young people discover that experiences of doubt can be vital moments of discovery that can lead to a deeper faith.

## Activity

### 1. Begin with these or similar words:

“We all have times of doubt—it is part of our human nature to doubt. Jesus’ closest friends and his own family doubted him throughout his life and ministry—and Jesus himself prayed to his heavenly Father for the strength to do what his Father called for him to do.

Many who experience doubt as part of their faith often feel alone or think they are the only ones questioning. That is just not true. Some of the most faithful people in our tradition faced doubts on their own faith journey.”

### 2. Divide the large group into twelve small groups.

Give each group a quote or a name from the handout “Meet Some Big Doubters” (on pages 16-17), and direct them to work together to figure out which group has their match.

### 3. Give the groups 60 seconds to find their match.

At the end of 60 seconds, ask a volunteer from each quote group to read their quote. Have a volunteer from the corresponding name group read the name of the person they think said it. For each suggested match, indicate if the pairing is correct or incorrect.

### 4. Allow any groups who were incorrect to try again.

Repeat the process until all groups have found their correct matches.

### 5. Conclude by once again asking each group to read its quote

and the correct source of the quote aloud. Say these or similar words: “As we have seen, many people you might not expect have experienced doubts in their journey of faith.”

### Digital Option

This activity can be done digitally using a game-based app or a polling app.

This activity is from Unit 1 of *Live It! Change the World with Everyday Faith*

Try a free lesson: [smp.org/liveit](http://smp.org/liveit)





## Meet Some Big Doubters

***Invite the youth to match the quote to its source.***

The quotes and their correct sources are listed in the same order on these 2 pages. Keep a copy of the correct answers for yourself.



“I utter words of community prayers, and try my utmost to get out of every word the sweetness it has to give—but my prayer of union is not there any longer—I no longer pray.”

“Who among us has not experienced insecurity, loss and even doubts on their journey of faith? Everyone. We’ve all experienced this, me too. Everyone. It is part of the journey of faith.”

“If one has the answers to all the questions—that is proof that God is not with him.... The great leaders of the people of God, like Moses, have always left room for doubt. You must leave room for the Lord, not for our certainties.”

“[My God,] what a joyous mystery is your presence within me... even when I do not feel your presence.”

“Sometimes... I’m in such a state of spiritual dryness that I can’t find a single thought in my mind which will bring me close to God.”

“Unless I see the mark of the nails in his hands and put my finger into the nailmarks and put my hand into his side, I will not believe.”

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**Saint Mother Teresa of Calcutta**

**Pope Francis**

**Pope Francis**

**Blessed Elizabeth of the Trinity**

**Saint Thérèse of Lisieux**

**Thomas the Apostle**

