

Devotion 7: Go to Jesus When in Doubt

Audience: For Patient and Caregiver

Theme: Go to Jesus and learn from him!

Bible Passage: *Come to me, all you who are weary and burdened, and I will give you rest. Take my yoke upon you and learn from me, for I am gentle and humble in heart, and you will find rest for your souls. For my yoke is easy and my burden is light* (Matthew 11:28-30).

Devotion: Among the problems we face in life is that of dealing with doubt. A little while ago we talked about anxiety or worry. An underlying cause of anxiety is this matter of doubt — not being sure of what we should do.

Whenever doubts assail our heart and we simply don't know what to do, we need to go to Jesus for comfort and guidance. We must ask, "Lord Jesus, what would you have me do?" Then we need to believe with all our heart that He will direct us in the way He wants us to go.

The apostle James reminds us: *If anyone lacks wisdom (needs advice) he should ask God, who gives generously to all without finding fault, and it will be given to him. But when he asks, he must believe and not doubt, because he who doubts is like a wave of the sea, blown and tossed by the wind. That man should not think he will receive anything from the Lord* (James 1:6). Jesus has the answer for conquering doubt.

When we put our full trust in our Savior there is no limit to what we can do. Think about the story of Jesus walking on water, going out to His disciples whose boat was being buffeted by high winds. *When the disciples saw him walking on the lake they were terrified. "It's a ghost," they said, and cried out in fear. But Jesus immediately said to them, "Take courage! It is I. Don't be afraid."* "Lord, if it is you," Peter replied, "tell me to come to you on the water." "Come," he said. Then Peter got down out of the boat and walked on the water to Jesus. *But when he saw the wind, he was afraid and, beginning to sink, cried out, "Lord, save me!" Immediately Jesus reached out his hand and caught him. "You of little faith," he said, "why did you doubt?"* (Matthew 14:26-31).

As long as Peter kept his eyes fixed on Jesus he was able to do the impossible—walk on water! *Let us keep our eyes fixed on Jesus, the author and perfecter of our faith, who for the joy set before him endured the cross, scorning its shame, and sat down at the right hand of the throne of God* (Hebrews 12:2).

O Lord, take away our doubts and make us fully your own. Amen.

Bible Readings: Matthew 14:31; Luke 24:38; John 20:24-29.