



**Reflect and Step 7-day Reflection Guide**  
based on the sermon "Doubt to Faith".  
Focusing on moving from doubt to faith and  
strengthening your prayer life:

## Day 1: Recognize Where You Are

- **Scripture Reading:** Genesis 12:1-4
- **Reflection:** Consider where you are in your faith journey. Are there areas of doubt or fear? Acknowledge them before God.
- **Prayer Focus:** Ask God to reveal any areas of doubt and to help you trust in His promises.
- **Next Step:** Write down any doubts or fears you have and pray over them, asking God for clarity and strength.

## Day 2: Remember God's Faithfulness

- **Scripture Reading:** Hebrews 11:11; Genesis 15:1-6
- **Reflection:** Reflect on past instances where God has been faithful in your life.
- **Prayer Focus:** Thank God for His past faithfulness and ask for a renewed sense of trust in His promises.
- **Next Step:** Make a list of at least three times God has been faithful to you and spend time in thanksgiving.

## Day 3: Develop a Foundation of Prayer

- **Scripture Reading:** Matthew 6:9-13
- **Reflection:** Consider how prayer is a foundation in your life. Is it a 911 call or a daily practice?
- **Prayer Focus:** Ask God to help you develop a consistent prayer life that seeks His will and presence.
- **Next Step:** Set aside a specific time each day for prayer and stick to it, focusing on building a relationship with God.

"Get Rooted" as we  
read, understand, and  
apply the Bible to our  
everyday lives!

Thursday's @ 6  
(Men's & Women's Groups)

Sundays @ 12:45  
(Mixed Group)

Text "rooted" to 660 210-2030 to sign-up





## Day 4: See God as a Good Father

- **Scripture Reading:** John 16:23-27
- **Reflection:** Reflect on your perception of God. Do you see Him as a loving Father?
- **Prayer Focus:** Pray for a deeper understanding of God's love for you personally.
- **Next Step:** Write a letter to God expressing your thoughts and feelings about Him as your Father.

## Day 5: Strengthen Your Faith

- **Scripture Reading:** Romans 4:19-21
- **Reflection:** Consider how you can strengthen your faith by focusing on God's promises rather than your circumstances.
- **Prayer Focus:** Ask God to help you focus on His faithfulness and promises.
- **Next Step:** Identify one promise from Scripture that you can hold onto and meditate on it throughout the day.



## Day 6: Approach God with Confidence

**Scripture Reading:** Hebrews 4:14-16

**Reflection:** Reflect on how you approach God in prayer. Do you come with confidence or hesitation?

- **Prayer Focus:** Pray for boldness and confidence to approach God's throne of grace.
- **Next Step:** Practice approaching God with confidence by bringing a specific request to Him today.

## Day 7: Encourage Yourself in the Lord

- **Scripture Reading:** 1 Samuel 30:6
- **Reflection:** Consider how you can encourage yourself in the Lord during times of doubt.

- **Prayer Focus:** Ask God to help you find strength and encouragement in Him.
- **Next Step:** Spend time in worship and praise, focusing on God's attributes and goodness.



Each day, take time to journal your reflections and prayers. This will help you track your progress and see how God is working in your life as you move from doubt to faith.