



Part 1: Why do you believe what you believe?
Episode 90 || January 9, 2022

Main Points

Our lives are shaped by our beliefs.

We all have beliefs but most of us rarely question why we believe what we believe.

The first step to building a solid foundation of belief is questioning what we believe.

3 Barriers to Exploring our Beliefs:

Barrier #1: We Aren't Allowed to Ask. (Genuine questions are catalysts for genuine faith.)

Barrier #2: We Are Afraid to Ask. (A belief that can't hold up to questioning isn't worth holding onto.)

Barrier #3: We Aren't Interested in a Better Answer (When we assume we know the truth and don't question those assumptions we are only fooling ourselves.)

The first step in finding truth is admitting we could be wrong.

The search for why we believe creates a faith we can live out.

Following Jesus requires us to ask what it means to truly follow Jesus.

“Show Notes” Resources & Links:

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[Transcript](#) || [Kids Stuff](#) || [Podcast](#)

In-Person Gatherings:
January 9th and 23rd 4:30pm
yourcrosscreek.com/gathering

Suggested Bible Readings:
John 20:24-29, 1 Corinthians 15:1-20

Music we listened to making this episode:
Jose' Madero: [The Unforgiven](#)
Lauren Daigle: [Here's My Heart](#)
Will Reagan: [Let You Go](#)

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Message Passage

And you must show mercy to those whose faith is wavering.

Jude 22

If you need wisdom, ask our generous God, and he will give it to you. He will not rebuke you for asking.

James 1:5

This Week's Challenge:

Questions to help us start questioning:

Why do I believe this?

What have others on all sides said about this?

What has been the result of this belief?

Discussion Questions

1. What challenges have you been facing these last few weeks?
2. Which of the 3 barriers to exploring our beliefs have you experienced personally or observed most often? Why do you think that is?
3. Do you have any questions you have been wanting to explore? OR Have you ever had questions you decided to dig deeper into? What was the result?
4. Read Proverbs 18:2. What are some ways we can avoid being fools when it comes to our beliefs?
5. How can your group pray with you this week?

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