

Life Group Discussion Guide for the week of April 19-25, 2026

Matthew 11:1–30 – Faith, Doubt, and Finding Rest in Jesus

Overview

In Matthew 11, we see a surprising moment—**John the Baptist, one of the greatest men in Scripture, wrestles with doubt.** From prison, he asks Jesus, “*Are you the one?*” Jesus responds with compassion, not correction, reminding John of truth rather than shaming his questions.

This passage teaches us that **doubt is not the enemy of faith—but what we do with it matters.** Jesus invites us to bring our doubts to Him, stay connected to others, anchor ourselves in truth, and ultimately find rest in Him.

Discussion Questions

1. Why do you think John the Baptist began to doubt?

Context: John had faithfully prepared the way for Jesus, yet found himself in prison, facing uncertainty and likely death. His expectations didn’t match his reality.

- When have your expectations of God not matched your circumstances?
 - How did that affect your faith?
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2. How does Jesus respond to doubt—and what stands out to you about that?

Context: Jesus doesn’t shame John. Instead, He points him back to evidence (miracles, fulfilled prophecy) and then publicly affirms John’s greatness.

- What does this reveal about God’s heart toward your doubts?
 - Why is it important that Jesus responds with truth instead of condemnation?
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3. What’s the difference between healthy doubt and unhealthy doubt?

Context: Healthy doubt seeks understanding. Unhealthy doubt settles into unbelief. Doubt can be a visitor—but shouldn’t take up permanent residence.

- Have you experienced doubt that led you closer to God?
- What might it look like for doubt to “camp out” in someone’s life?

4. Which of these practices do you most need right now—and why?

(Handling Doubt: Take it to Jesus • Avoid isolation • Anchor in Scripture • Receive God’s mercy • Don’t let doubt become disbelief)

Context: John brought his questions to Jesus and stayed connected to others. Jesus pointed him back to Scripture and truth.

- Which of these comes most naturally to you?
- Which one do you tend to neglect?

5. What burden are you carrying—and what does it look like to give it to Jesus?

Context: Jesus invites the weary and burdened to come to Him for rest. He doesn’t remove all weight—but He helps carry it.

- What is currently weighing on you (stress, doubt, fear, circumstances)?
 - How can you practically “take on His yoke” this week?
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