

# INSTRUCTIONS

## 1. INTRO (CA. 5 MIN)

A question that helps you to tune into the subject of the lunch. Have a round so everyone can answer.

## 2. BIBLE (CA. 20 MIN)

Read the text out loud once and give everyone time to read for themselves. Use the questions from these three categories to make a conversation.



*See: What does the text say?*



*Think: What does the author want to tell their readers? How would the first readers understand this?*



*Live: What does the text mean to us today?*

## 3. PRAY (CA. 5 MIN)

Remember that we are different. Some are used to pray out loud, others like to pray in quietness. At the same time this group is a good arena to try out new things. When you pray the prayer of the gathering you can also pray for each other and co-students.

## CHALLENGE (CA. 2 MIN)

The challenge of the week is not an exam, but a voluntary practice. Try it out and see what happens!

# INTRODUCTION

## WHAT

A conversation guide that brings the faith conversation right into daily life.

## WHO

Students in the midst of reality.

## VISION

A faith that is embodied in life.



2-5 people



30 minutes



6-10 lunches

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# LAGSLUNCH



DOUBT

*When we now talk about doubts, it is important that we do so in a safe community where we are allowed to be honest without being afraid of being looked down upon or condemned. It is important to take note of two things. Firstly, all people are different, even when it comes to faith and doubt. Some doubt a lot, others a little, and some don't really know anything at all. That's okay. Secondly, more Christians are struggling with doubts than we are often aware of. Many experienced Christians will say that faith and doubt often go alongside each other throughout life. Doubt is not the opposite of faith. In this lagslunsj we will open up for good conversations about doubt.*



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## 1. TALK ABOUT DOUBTS

*"A surprisingly large number of Christians do not want to talk about doubt. Some even refuse to think about it." - A. McGrath.*

**Intro:** Why should we or should we not talk about doubt?

**Bible:** Read Matthew 28: 16-20

**SEE** What was doubted in v. 17?

**THINK** The word used for doubt here can also be translated as hesitating or being uncertain when they saw the resurrected Jesus. What are you uncertain about in your faith?

**LIVE** Jude 1:22 says, "Be merciful to those who doubt." How can we practice doing this?

**Pray:** Father, you who see all of our faith and doubt, we come to you with everything. Thank you for receiving us when life is hard as well as when it's easy.

*Make a list of what you doubt in your faith. You can formulate it as a question if it is easier.*

## 2. THOMAS - THE DISCIPLE WHO NEEDED MORE TIME

*Thomas is called the doubter. But he might just have needed a little more time and a meeting with Jesus to be able to believe wholeheartedly, and he got just that.*

**Intro:** Have you noticed that someone believes easily and immediately when they hear something, but that others need more time before they believe? What do you think might be the reason for that?

**Bible:** Read John 20:24-29

**SEE** What do you think of Thomas' claim in v. 25? Is it fair or unreasonable?

**THINK** What do you think the other disciples thought of Thomas in the days before he met Jesus?

**LIVE** What do you doubt?

**Pray:** God, thank you for not rejecting Thomas, but meeting his doubts and questions. Thank you that the other disciples were different. Help us appreciate our differences.

*Talk to God about the things you doubt.*

## 3. THE EMMAUS WALKERS - JESUS WAS WITH THEM

*The word "reflect" means to look again, or to think deeply. If we reflect on the Bible, we would discover that so much is written about Jesus.*

**Intro:** Is it difficult to understand particular passages in the Bible? What is difficult to understand?

**Bible:** Read Luke 24:13-35

**SEE** Read v. 27 again. What do you think this means?

**THINK** Do you know any passages in the old testament that speak about Jesus?

**LIVE** They did not realize that Jesus was with them. But he appeared in the midst of their despair and listened to them. Do you think Jesus can hear our thoughts? What do you want to say to Jesus?

**Pray:** Thank you for walking with us, Jesus. Open our eyes so we can see you, both in the Bible and in everyday life.

*Remind yourself that Jesus walks alongside you in everyday life. For instance, write a reminder to yourself and keep it somewhere you often look at.*

## 4. WHEN GOD FEELS FAR AWAY

*"Why don't I feel the presence of Jesus? Is it me or God who fails?" - E. Rimehaug*

**Intro:** Do you sometimes feel that God is far away?

**Bible:** Read Psalm 10:1; 22:2-3

**SEE** The Bible has some very honest passages. What does this say about the Bible?

**THINK** Jesus quoted Psalm 22 on the Cross (Matthew 27:46). If Jesus felt that way, would it be strange if we did? Do you have any thoughts regarding Jesus saying this?

**LIVE** Read Psalm 22:24. Is it possible to believe this even when God feels distant? Can we help each other believe it?

**Pray:** God, thank you for knowing how I feel when you feel distant. Help me to endure it and to believe that You're with me, always.

*Ask experienced Christians what they experienced during times when God felt distant to them.*

## 5. WHEN THINGS REMAIN UNRESOLVED AFTER PRAYER

*Christians all over the world are praying to God, and they have been doing this for thousands of years. Still, many people feel that God does not always hear. This can create a lot of doubt about both prayer and God.*

**Intro:** What Expectations Do You Have of Prayer? Have you been disappointed sometimes?

**Bible:** Read Matt 7:7-8 and 2 Corinthians 12:7-9

**SEE** How do you interpret 2 Cor 12, 9?

**THINK** If we received everything we asked for, all the time, what would the world look like? How would it have affected us?

**LIVE** Read Matt 6:9-13. What is the most important thing this prayer tells us about prayer? How can we live this out?

**Pray:** Pray "Our Father" together.

*The first Christians prayed Our Father three times a day. Can you try once a day for a week?*

## 6. I DOUBT I BELIEVE ENOUGH

*It's easy to feel that everything is about achievement - at school, at home and amongst friends. But what about faith?*

**Intro:** What is the difference between faith as an achievement and faith as a relationship?

**Bible:** Read Eph 2,4-10

**SEE** Notice verse 9. What does it mean?

**THINK** If salvation is a gift, I need no more faith than saying yes to this gift. What do you think about that?

**LIVE** Read Rom 12.3. Could it be that we have different measures of faith, and that this is perfectly okay for God?

**Pray:** Thank you for being gracious, God. Thank you for doing everything for us and for letting us receive you. Thank you that we can come to you when in doubt.

*Think about how you compare your faith with others. Can you rest in believing that Jesus is good enough?*