



The Gift of Doubts

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When people tell me they have doubts about their faith, I usually tell them that doubts can be a good thing. “Reflect on your doubts,” I say. So very often the doubts bring someone to deeper faith and understanding. When people say they’re not sure they believe in God anymore, often what they mean is that they don’t believe in a particular idea of God, like the bearded old man in the sky or a God who “allows” children to die of cancer and “permits” wars that slaughter people.

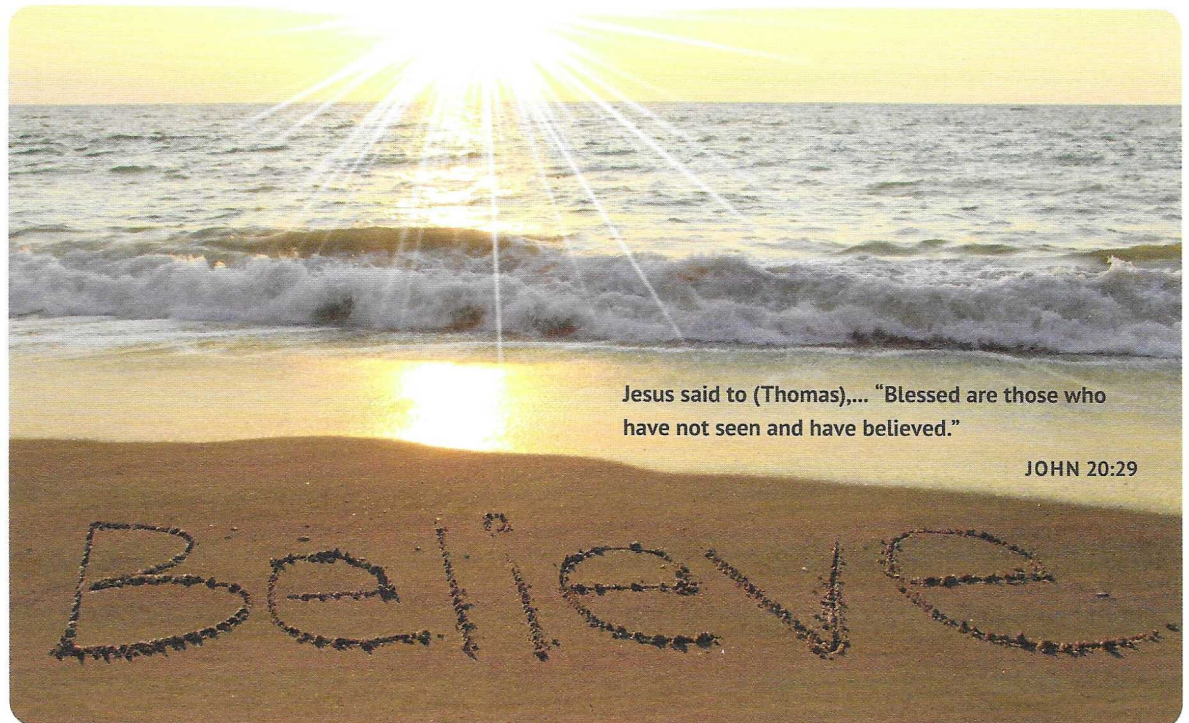
What such doubts ask us to do is to rethink our understanding of who God is. Tossing out our old idea of God does not mean there is no God. It simply means we had a faulty or immature notion of God. It may take some time to rethink who God is, but if we stay with it, do some reading, ask some questions, and pray over it, we

may come to a deeper and richer understanding of God. In short, because I don’t understand how something can be does not mean that that something—or someone—is not true or real.

In this week’s Gospel, Thomas, who was not with the community when Jesus appeared, later could not believe that the Jesus he had known was alive. He doubted. Yet when he was with the community the following week, he discovered that the risen Lord was indeed real but in an entirely new reality. It takes a community of faith to become a believer. ●

Reflect

How has your understanding of God changed over the years?



Jesus said to (Thomas),... “Blessed are those who have not seen and have believed.”

JOHN 20:29