



# “Doubt” Parent Message

DARKROOM  
LEADER  
TOOLS

This week we watched the video “Doubt – My Deconversion” from the Darkroom series. After watching a “De-Conversion from Christianity” video on YouTube, Jared begins to question his faith and wonders if his doubts are a sign of unbelief.

Here is the link to the Darkroom episode page for Doubt:

<https://darkroomfaith.com/episodes/ep-01-doubt/>

You can watch the video and follow links to other videos, articles and podcasts that **GO DEEPER** on the topic. The key message to students was that, **it’s not doubt that’s toxic to faith; it’s silence!**

**Foundational Scripture: Mark 9:17, 21-24** *“A man in the crowd answered, ‘Teacher, I brought you my son, who is possessed by a spirit that has robbed him of speech. It has often thrown him into fire or water to kill him. But if you can do anything, take pity on us and help us.’ ‘If you can?’ said Jesus. ‘Everything is possible for one who believes.’ Immediately the boy’s father exclaimed, ‘I do believe; help me overcome my unbelief!’”*

### **Prayer for Times of Doubt:**

*God, I am thanking you today for my doubts, believing that you can use them to deepen my faith in you. Give me the courage to examine my doubts, talk about them with others, and seek answers to the questions that trouble me. When answers can’t be found, or the answers don’t fully satisfy, help me to trust what I do know of you and move forward in faith, saying, “I do believe. Help my unbelief.” In Jesus’ name, Amen.*

The Darkroom video series provides a safe and engaging context for teens to explore key issues of faith. The overall purpose of Darkroom is to convey to students that doubts and questions are a normal aspect of faith development, and to invite them to talk openly and dig deeper into their faith.

Darkroom believes that faith often develops in the dark, and that many times spiritual growth starts with comfort in the not knowing. So we implore students to go ahead break the silence, get it off their chest. Ask the unaskable. Doubt the undoubtable. Say it like you see it. Stay curious, keep questioning, and **“Find Your Way in the Dark”**.

**Even the darkness is not dark to you; for darkness is as light to you. Ps 139:12**