

Sermon Notes

Luke 1:26-38

Dec 07, 2025

Hebrews 11:1-3, 13-16

FEAR NOT: The Fear of Doubt

Pastor Adrienne Ladd

- I. Tension in Advent
 - A. Light shining in darkness; hope rising in uncertainty.
 - B. Repeated biblical refrain: "Do not be afraid."
- II. Fear of Doubt
 - A. Doubt whispers: "What if I'm wrong?" "What if God is disappointed?"
 - B. Many grew up being told not to question—creating shame and spiritual silence.
- III. Mary's Honest Question
 - A. Mary responds with sincerity, not defiance.
 - B. Gabriel explains and reassures—no scolding, no shame.
 - C. God is not threatened by our questions; God honors honest wrestling.
- IV. The Psychology of Doubt
 - A. Criticism from authority can create reflexive self-doubt.
 - B. Many internalize voices saying they're "not spiritual enough."
 - C. But God grows us through engagement, not silence.
- V. Thomas and the Tenderness of Jesus
 - A. Thomas seeks something tangible after trauma and confusion.
 - B. Jesus meets him gently—"Put your finger here."
- VI. Practicing Faithful Doubt
 - A. Have compassion for self and others.
 - B. Bring them to God directly.
 - C. Work through them in supportive community.
- VII. Fear Not
 - A. God is not afraid of your doubt.
 - B. God meets you with gentleness and love.
 - C. Faith is courage in the presence of doubt.
 - D. Hear the angel's words spoken to you today: "Do not be afraid. The Lord is with you."