

July 3, 2025

Daily Reflections



DOUBT, CATALYST FOR GREATER FAITH

By Sister Bernie Inocencio, CSJ

Excerpts from Today's Readings

*"You are no longer strangers and sojourners, but you are fellow citizens with the holy ones and members of the household of God, built upon the foundation of the apostles and prophets, **with Christ Jesus** himself as **the capstone**."*

EPHESIANS 2:19-20

*"**Peace be with you.**" Then he said to Thomas, "Put your finger here and see my hands, and bring your hand and put it into my side, and do not be unbelieving, but **believe.**"*

JOHN 20:26-27

Reflection

What could have caused Thomas to doubt that Jesus was alive? Was it

resentment because he was not there when Jesus showed up the first time after his resurrection? Was he snoozing during Jesus's teaching about the temple being torn down and being rebuilt in three days, and he missed that lesson? Was his faith like that of the seeds that fell on stony ground? Or was Thomas so blinded by his grief for Jesus's death that he could not believe Jesus was alive?

We may believe in Jesus, we may have faith in God, yet many times when life shakes us up, we doubt. When life throws curve balls, we are in anguish because we feel we are not in control. The slightest chaos happens, and we forget to believe. We are humans, vulnerable to raw emotions like fear, anxiety, sadness, or grief. Does it mean our faith is lost when we doubt.

I remember the early years of caring for my elderly parents. I was in my early 30s. My dad was losing his eyesight and was becoming a "frequent flyer" to the hospital. My mom was becoming deaf. I just started working for a Fortune 500 company; my career was going great! Yet I felt like I was being dragged down by the constant doctor appointments and hospitalizations. It was also difficult logistically when we wanted to travel and I wanted to see the world. I questioned God, many times asking why this was happening to me. I remember going to confession, feeling guilty that I was questioning God. The priest told me that doubt was a sign of greater faith. At that moment, I did not understand it. As life unfolded, I came to fully understand that doubt and faith go together; doubt leads to greater faith, especially if we keep our eyes on Jesus. Although I had many questions, they challenged me to seek Jesus more. Because I did not want to lose my way, I immersed myself in prayer, contemplation, and ministry. I leaned not on my own understanding, and Jesus revealed to me his presence and life's lessons as time passed. My faith and relationship with Jesus grew deeper in the 23 years I took care of my parents.

For me, this is the message of today's readings. Having a steadfast faith does not mean we can never be shaken. Rather, it is how we find our "terra firma" after we are shaken up. When we have doubts, we should not run away. Instead, we should seek shelter in Jesus who is our capstone, the roof above our heads. Then, let us allow Jesus's peace to wash over us.



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For Pondering

Recall an event in your life where you doubted or had your faith shaken.
Observe the circumstances around that event.

- How did Jesus reveal himself?
- How was your faith increased?

For Prayer

*O Merciful One, thank you for understanding our human frailty.
When we grow weak and doubtful, shelter us with Your Love.
Let Your Peace wash over us,
And renew our faith in You.
Amen.*

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