

Still, some refused to follow biblical instructions. Rejecting God's warnings and failing to follow his recipe for peace, they continued in their pain and uncertainty. Often, they blamed God and/or their circumstances, when their chief problem was what they told themselves and how they responded to their difficulties. I suspect that unless they have changed their thinking, these individuals are still hurting.

Obviously, the choice of how doubt will affect our lives is ours to make. The outcome can be either negative or positive. This book was written in the hopes that each reader will find the tools needed to make the choice for healing, and follow it to a peace-filled conclusion!

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Selected Bibliography

We are finished with the “meat” of this book. You can stop here if you wish. Hopefully you will have gathered some gems to apply to your own life, or for use with a friend who may be in pain and seeking answers.

But if you are interested in finding resources for further study, then read on. We have focused on a fairly narrow theme, limiting ourselves primarily to emotional doubt. Where applicable, we tried to touch the surface of certain important subjects in other pertinent areas, so I will suggest a number of writings that are relevant to several of these issues. Beyond emotional doubt, we have generally remarked on various other factual, volitional, and emotional matters. Along the way, we have also mentioned other helpful topics, like total commitment to Jesus Christ and the practice of the Christian disciplines. While I have repeatedly said that I am not a psychologist, some of these books are written by specialists in these areas and could be meaningful.

Each resource is followed by a brief explanation to help you find the right book within the category you've chosen. Most of the texts are

rather introductory and can be read with little background knowledge. Some are a bit more advanced, especially in the "Factual Issues" section. But there are no technical treatises on the list. Far more specialized and advanced texts are certainly available, and can often be located in the bibliographies of the following books.

I. Doubt

- Anderson, Lynn. *If I Really Believe, Why Do I Have These Doubts? Hope for Those Who Feel They Will Never Measure Up to Other Christians' Faith*. Minneapolis: Bethany House Publishers, 1992. A popular approach to Christian belief, feelings, and growing in faith.
- Beck, James R. "Treatment of Spiritual Doubt Among Obsessing Evangelicals." *Journal of Psychology and Theology*. Volume 9, number 3. Fall, 1981. This journal article argues that there might be a close connection between obsessing and questions of assurance.
- Guinness, Os. *Doubt* (formerly titled *In Two Minds*). Herts, England: Lion Publishing, 1976. In a classic, insightful treatment, the subject is divided into seven "families," making suggestions for healing.
- Habermas, Gary. *Dealing With Doubt*. Chicago: Moody Press, 1990. Investigates and addresses three species of religious doubt (factual, emotional, and volitional), providing further theory and background for this present study.
- McGrath, Alister E. *The Sunnier Side of Doubt*. Grand Rapids: Zondervan Publishing House, 1990. A general introduction to select aspects, including the value of doubt and some thoughts about how it helps us to grow in our Christian lives.

II. Factual Issues (Apologetics)

- Corduan, Winfried. *No Doubt About It: The Case for Christianity*. Nashville: Broadman & Holman Publishers, 1997. Covers a wide scope of apologetic issues, both philosophical and historical.
- Craig, William Lane. *Reasonable Faith: Christian Truth and Apologetics*. Wheaton: Crossway Books, 1994. Chiefly addresses reasons for the existence of God and historical issues pertaining to Jesus Christ.
- Geisler, Norman L. *Christian Apologetics*. Grand Rapids: Baker Book House, 1976. Contains more on methodological and philosophical issues than most other volumes of this genre.
- Geisler, Norman L. and Ron Brooks. *When Skeptics Ask: A Handbook of Christian Evidences*. Wheaton: Victor Books, 1990. A valuable and wide-ranging overview of key apologetic issues that specializes in pithy responses to dozens of commonly asked questions.
- Habermas, Gary. *The Historical Jesus: Ancient Evidence for the Life of Christ*. Joplin, MO: College Press Publishing Company, 1996. Responds in detail to attacks on the orthodox view of the historical Jesus before building a case for Jesus' resurrection, in particular.
- Habermas, Gary and Terry L. Miethe. *Why Believe? God Exists! Rethinking the Case for God and Christianity*. Joplin, MO: College Press Publishing Company, 1993. Addresses some of the philosophical, scientific, moral, and historical grounds for theism.
- Hoover, A. J. *The Case for Christian Theism: An Introduction to Apologetics*. Grand Rapids: Baker Book House, 1976. An historian responds to many challenges to Christian theism, as well as providing evidences in favor of it.

- McDowell, Josh. *Evidence that Demands a Verdict: Historical Evidences for the Christian Faith*. San Bernardino, CA: Here's Life Publishers, Inc., 1972. A popular and accessible treatment that concentrates on Scripture and Jesus Christ.
- Moreland, J. P. *Scaling the Secular City: A Defense of Christianity*. Grand Rapids: Baker Book House, 1987. An especially strong presentation of the philosophical and scientific foundations for Christian theism that moves on to New Testament evidences.
- Nash, Ronald H. *Faith and Reason: Searching for a Rational Faith*. Grand Rapids: Zondervan Publishing House, 1988. A presuppositional look especially at the philosophical basis undergirding Christianity.
- Wilkins, Michael J. and J. P. Moreland, Editors. *Jesus Under Fire: Modern Scholarship Reinvents the Historical Jesus*. Grand Rapids: Zondervan Publishing House, 1995. Several scholars defend the Jesus of the New Testament, especially against the claims of the Jesus Seminar.

III. Emotional Issues

- Backus, William. *Telling the Truth to Troubled People*. Minneapolis: Bethany House Publishers, 1985. A handbook to assist Christian counselors in applying Misbelief Therapy to hurting people.
- _____. *The Good News about Worry*. Minneapolis: Bethany House Publishers, 1991. The application of Misbelief Therapy and other methods to various forms of anxiety.
- Backus, William and Marie Chapien. *Telling Yourself the Truth*. Minneapolis: Bethany House Publishers, 1980. Arguably the best of the general applications of truth to the misbeliefs that Christians tell themselves.

- Cloud, Henry and John Townsend. *False Assumptions*. Grand Rapids: Zondervan Publishing House, 1994. Exposes twelve false assumptions in the Christian's life that can lead to painful consequences.
- Craig, William Lane. *No Easy Answers*. Chicago: Moody Press, 1990. Directed to common emotional (and other) questions about faith.
- Lewis, C. S. "Religion: Reality or Substitute?" *Christian Reflections*. Edited by Walter Hooper. Grand Rapids: William B. Eerdmans Publishing Company, 1967. Perhaps the best and most insightful brief assessment of the effect that our emotions can have on our faith.
- McGee, Robert S. *The Search for Significance*. Houston: Rapha Publishing, 1987. Exposes unbiblical attempts to anchor self-worth, including exercises to test one's present responses.
- Thurman, Chris. *The Lies We Believe*. Nashville: Thomas Nelson Publishers, 1989. Investigates in detail false beliefs in five major areas, including providing numerous truths to combat each.

IV. Volitional Issues

- Backus, William. *Finding the Freedom of Self-Control*. Minneapolis: Bethany House Publishers, 1987. Applies Misbelief Therapy to breaking bad habits in several areas.
- Backus, William and Marie Chapien. *Why Do I Do What I Don't Want to Do?* Minneapolis: Bethany House Publishers, 1984. A manual written to help break the bondage of temptation and sin.
- Kreeft, Peter. *Heaven: The Heart's Deepest Longing*. San Francisco: Harper and Row Publishers, 1980. An incredibly insightful book on eternal life being the preeminent desire of human beings.

- Lewis, C. S. "On Obstinacy in Belief." *The World's Last Night and Other Essays*. New York: Harcourt, Brace, Jovanovich, 1960. Compelling writing that explains why Christians should stay faithful to Jesus Christ even when we do not always understand the whys and wherefores of our belief.
- _____. "The Weight of Glory." *The Weight of Glory and Other Addresses*. Grand Rapids: William B. Eerdmans Publishing Company, 1949. A famous and inspirational sermon on the desire for eternity.
- Piper, John. *Desiring God: Meditations of a Christian Hedonist*. Portland, OR: Multnomah Books, 1986. A study of Christian motivation that calls believers to seek godly pleasures.

V. Theological Differences

- Mayers, Ronald B. *Evangelical Perspectives: Toward a Biblical Balance*. Lanham, MD: University Press of America, 1987. A plea to preserve orthodox theology and doctrinal maturity with a careful balance being given to biblical distinctives.
- Parkinson, Joel R. *Orthodoxy and Heresy: Where to Draw the Line*. Shippensburg, Penn.: Companion Press, 1991. Contrasts the content of orthodox Christianity with heretical views and draws practical conclusions.

VI. Christian Commitment and the Christian Disciplines

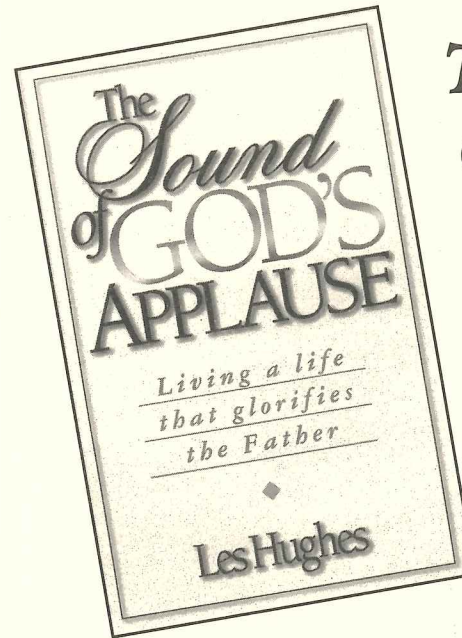
- Bonhoeffer, Dietrich. *The Cost of Discipleship*. Translated by R. H. Fuller. New York: The Macmillan Company, 1959. A classic treatment of being surrendered to Jesus Christ, making him the prominent person in our lives.

- Foster, Richard J. *Celebration of Discipline: The Path to Spiritual Growth*. Revised Edition. San Francisco: Harper and Row, 1988. An introduction to the practice of about a dozen disciplines for the Christian life.
- _____. *Freedom of Simplicity*. San Francisco: Harper and Row, Publishers, 1981. The biblical basis and present practice of the concept of directing our lives singlemindedly towards God.
- _____. *Prayer: Finding the Heart's True Home*. San Francisco: Harper San Francisco, 1992. The identity and practice of more than twenty varieties of prayer.
- Habermas, Gary R. "Meditation: A Forgotten Discipline." *Northwest Evangelical Baptist Journal*, Volume 3, Number 1. June, 1993. The identification, biblical basis, and practice of Christian meditation.
- MacDonald, George. *True Discipleship*. Kansas City, KS: Walterick Publishers, 1976. A challenging summons to apply biblical teachings regarding living a life of total commitment to Jesus Christ.
- Verwer, George. *Come! Live! Die! The Real Revolution*. Wheaton: Tyndale House Publishers, 1972. A call to Christians to dare to be sold out to God in every aspect of their lives.
- Willard, Dallas. *The Spirit of the Disciplines: Understanding How God Changes Lives*. San Francisco: Harper and Row, Publishers, 1988. A theology of the disciplines that argues that believers can become more Christlike through the practice of imitating his life.

About the Author

Gary R. Habermas is Distinguished Professor of Apologetics and Philosophy and Chair of the Department of Philosophy and Theology at Liberty University, Lynchburg, Virginia. He has authored, co-authored, or edited twenty-two books, including his debate with Antony Flew, *Did Jesus Rise from the Dead?* (Harper and Row), *The Resurrection of Jesus* (Baker), with J. P. Moreland, *Beyond Death* (Crossway), and co-edited with Doug Geivett, *Miracles* (InterVarsity). He received his Ph.D. from Michigan State University and a D.D. from Emmanuel College, Oxford, England. He has also published more than one hundred articles of various sorts. He lives in Lynchburg with his wife Eileen and three of their seven children.

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