

peer

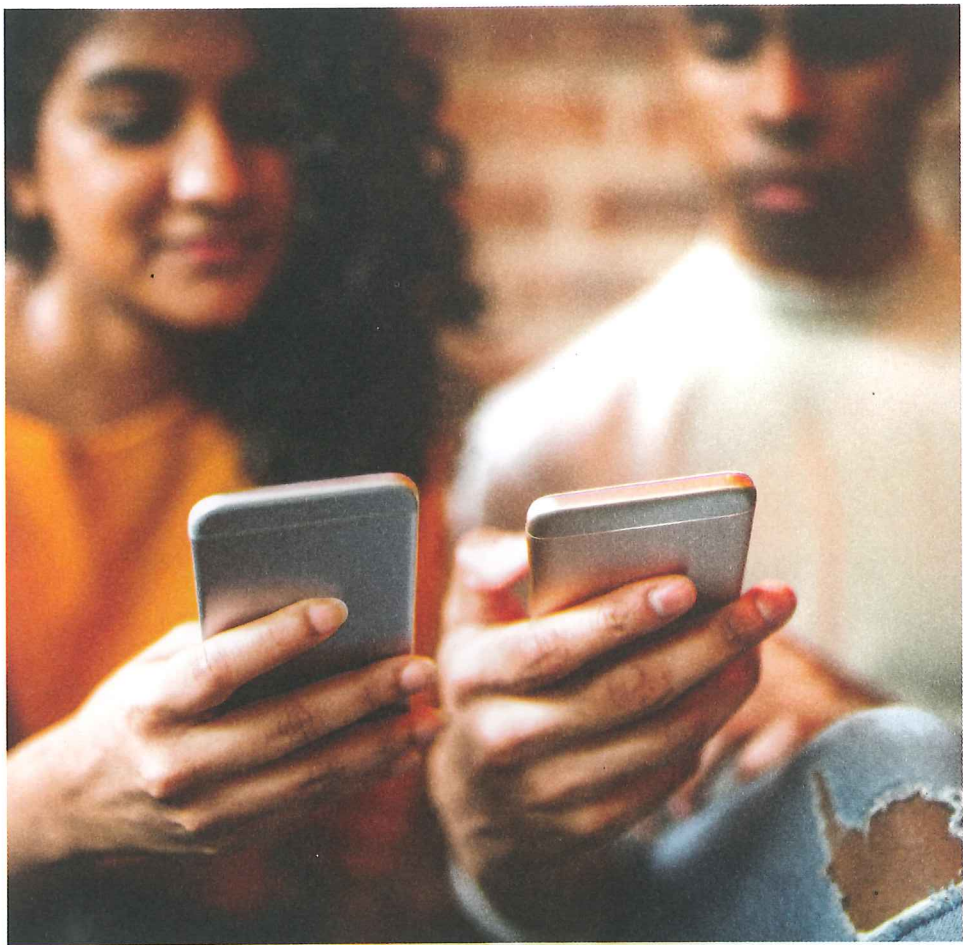
Finding Faith Through Doubt. Social Media Strike. I Messed Up.

November 2025

faith. community. culture.

peer

follow us on social



You don't have to sit by your mailbox waiting for the new monthly issue to come out! You can join the Peer community right now on your smartphone. Like and follow Peer on Facebook, X (formerly Twitter), TikTok, Instagram and Threads for engaging articles and interviews, daily encouragement and community.

PEERMAG.ORG @PEER.MAGAZINE

features

11
25

- 14 FINDING FAITH THROUGH DOUBT BY TAYLOR STANDRIDGE
20 SOCIAL MEDIA STRIKE BY AKOSUA FREMPONG, PH.D.
24 I MESSED UP. DOES GOD STILL LOVE ME? BY SEANA SCOTT



- 5 FROM THE EDITOR 6 #THEMOMENT 7 PROFILE HANNAH O'NEIL 8 REMIX
9 Q&A SHAVON REVEL 10 PANORAMA 12 WISE UP COLONEL HENRY GARIPEY
29 ZEITGEIST 32 DEEPER 34 ASK AN OFFICER

departments

11
25

November 2025
Volume 07, Issue 09
William Booth
Founder
Lyndon Buckingham
General
Merle Heatwole
National Commander

TERRITORIAL

COMMANDERS

Evie Diaz
Central
Ralph Bukiewicz
Eastern
Kelly Igleheart
Southern
Douglas Riley
Western

PEER STAFF

Les Davis
Editor-in-Chief
Caleb Loudon
Managing Editor
Olivia Scherzer
Assistant Editor
David Reardon
Journalist/Copy Editor
Andrea Marin
Art Director
Hana Seo
Graphic Designer
Rachel Domotor
Graphic Designer
Elizabeth Hanley
Media and Marketing
Manager

PEER'S MISSION

STATEMENT

By addressing topics related to faith, community and culture, the mission of Peer is to ignite a faith conversation that will deepen biblical perspective, faith and holy living.

CONTRIBUTE

peermag.org/contribute.

PRAYER REQUESTS

peermag.org/pray-for-me.

SUBSCRIBE

peermag.org/subscribe-to-peer/ or call (703) 647-4799.

For full privacy policy and data usage disclosure please visit www.salvationarmyusa.org/usn/privacypolicy/

THE SALVATION

ARMY MISSION

STATEMENT

The Salvation Army, an international movement, is an evangelical part of the universal Christian church. Its message is based on the Bible. Its ministry is motivated by the love of God. Its mission is to preach the Gospel of Jesus Christ and to meet human needs in His name without discrimination.

Peer magazine (USPS 67-220) (ISSN 1532-5296) is published monthly (except July and August) by The Salvation Army, National Headquarters, 615 Slaters Lane, Alexandria, VA 22314. Periodical postage paid at Alexandria, VA, and at additional mailing offices.

POSTMASTER

Send address changes to The Salvation Army, 615 Slaters Lane, Alexandria, VA 22314. Copyright The Salvation Army 2025. All rights reserved.

Unless otherwise indicated, all Scripture quotations are taken from the Holy Bible, New Living Translation, copyright ©1996, 2004, 2007, 2013 by Tyndale House Foundation. Used by permission of Tyndale House Publishers, Inc., Carol Stream, Illinois 60188, USA. All rights reserved.

The views and opinions expressed are those of the authors or interviewees and do not necessarily reflect the official policy or position of The Salvation Army. "For Further Study" recommendations come from the author and the views expressed by those recommended do not necessarily reflect the official policy or position of The Salvation Army.

Evangelical Press
Association Member

CONTRIB UTORS



Taylor — Standridge

Taylor is a Christian podcast host and producer who loves to help people understand who God is and how to live faithfully according to His goodness, grace and generosity. He serves as the production manager for FaithFi: Faith & Finance and holds a master's degree in biblical and theological studies at Dallas Theological Seminary.



Akosua — Frempong, Ph.D.

Akosua is a broadcast, digital and print journalist, and adjunct professor at Regent University in Virginia Beach, VA. She is also the founder of Listening Ear Communications, a company that provides excellent, professional journalism services to news media organizations and publications.



Seana — Scott

Seana is a speaker and award-winning writer who is passionate about helping others connect with God through studying Scripture and spiritual practices. She is the host of the Well Soul podcast, a devotional podcast designed to help listeners connect with God through Scripture, reflection and prayer.



Briauna — Prieto

Briauna is a Salvationist living in Clearwater, FL. She's currently youth development director, holding a bachelor's degree in music education from Southeastern University and a master's degree in sport and performance psychology from the University of Western States. She's excited about using music to help people unlock their potential.

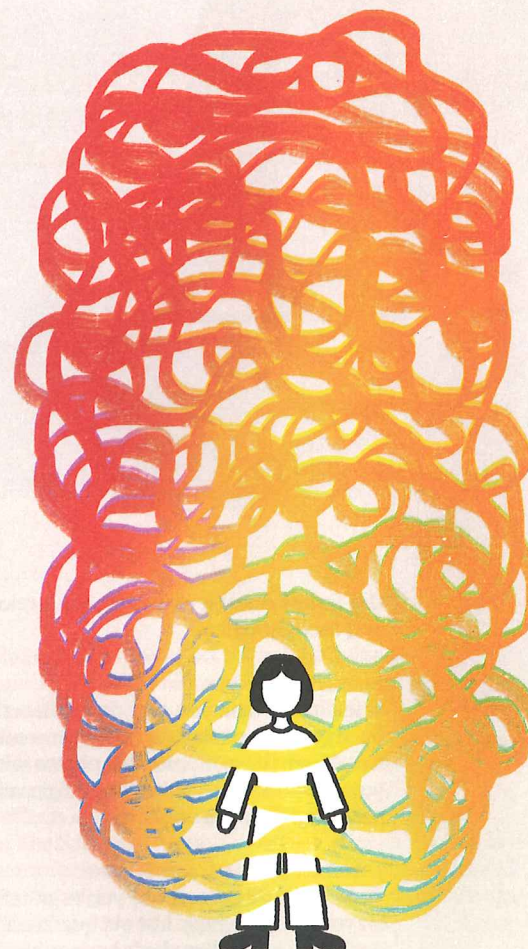


Captain Kelsey — Bridges

Captain Kelsey is a lifelong Salvationist and an officer (pastor) serving as the director of curriculum at the Evangeline Booth College in Atlanta, GA, where she lives with her husband and four children. She holds a bachelor's degree in Christian ministry and a master's in executive leadership, and is passionate about the craft of authentic storytelling.

FROM THE EDITOR

BY OLIVIA SCHERZER



Tough Questions

Doubt can be sneaky. Like an itch, a scratch, that can weave a tangled web underneath the foundation of everything you knew about yourself and the world — including your faith.

Have you ever faced a period of doubt? As much as you want to push away the

"It forces you to confront those questions and ultimately, gain a deeper understanding of yourself and the world."

lingering questions that doubt brings, they come back. Like they're always there, festering underneath the surface.

I'd argue that doubt is necessary. It forces you to confront those questions and ultimately, gain a deeper understanding of yourself and the world.

I've been through countless periods of doubt. I've doubted myself, life choices, relationships, and more. I've pushed away questions. But those questions were followed with a period of reflection and sometimes, more questions. Pushing away the doubt seemed delusionally blissful, but those questions would always linger.

At the end of the day, doubt became a godsend. It brought those lingering questions to the forefront. Asking "what if" questions during those periods of doubt allowed me to reflect and examine upon my true desires and needs.

Taylor Standridge explores doubt in a feature article this month, found on pages 14-19. He encourages readers to question beliefs and values, because without asking questions, they remain shallow and unfocused. He writes, "But when we allow doubt to challenge us, when we seek real answers rather than clinging to false certainty, our faith becomes something resilient and unshakable." Whether doubt raises questions around faith, career, or relationships, don't run away from that doubt. Sit in those periods of doubt, ask yourself those lingering questions, and reflect in a time of prayer and meditation. Rely on loved ones for support and clarity and stay away from external temptations like social media. Akosua Frempong, in her feature article this month on pages 20-23, explains why in-person connection is superior to social media.

Doubt doesn't have to be this scary, terrifying, intimidating period of reflection. Self-doubt, relationship doubt, career doubt, college doubt — all the intimidating questions can lead to discovery. It may not look or feel beautiful in the moment, or even in the first few moments afterward, but in the long story short, can shape into something beautiful. **P**

ILLUSTRATION BY METALEAP, COVER PHOTO BY RICARDO AGUILERA.

ILLUSTRATION BY LAN TRUONG



7 Gratitude Habits That Strengthen Friendships

When we practice gratitude, not only does our overall well-being improve, but our close connections improve as well. Gratitude encourages us to deepen our relationships with one another and ourselves. How can you show gratitude to your loved ones?

1. CHECK IN.

It doesn't have to be every day, nor every week, but check in with a friend or other loved one every once in a while. Express appreciation for something they did or how they are present in your life. Something like: "I just wanted to say I'm really grateful for our chat yesterday, it made my day."

2. WRITE NOTE CARDS.

While a text is quick and convenient, handwritten note cards feel more personal or memorable. This thoughtful gesture shows that you took valuable time to pen your gratitude for the friendship.

3. CELEBRATE SMALL WINS TOGETHER.

Acknowledge and celebrate your friend's achievements — even

the tiniest ones! It shows true intention and thoughtfulness.

4. SHARE MEMORIES.

The *easiest* task you can do — directly from your phone that offers photo memories. Share those memorable photos with your loved ones. It's an easy, nostalgic, and meaningful way to connect.

5. BEGIN GRATITUDE JOURNALING.

Write a list of items on why you're grateful for your relationships. List out qualities for each loved one. You don't have to share — it serves as a mental reminder to keep relationships close.

6. OFFER THOUGHTFUL GESTURES.

These small acts of kindness can go a long way. Bring them their favorite snack, send a gift card for their favorite coffee shop, or send them an interesting article to read. This shows appreciation without words.

7. BE PRESENT AND LISTEN.

Sometimes, all you can do is just listen. Listening attentively is one of the most powerful ways to show you value them.

ILLUSTRATION VIA GETTY IMAGES

PROFILE

Meet Hannah O'Neil

Getting to know people from all walks of life led Hannah to pursue her true calling.



H

Hannah O'Neil was born into The Salvation Army as an officers' kid. Although she didn't choose to "join" the mission, she actively chose to stay and engage in her community within The Salvation Army as time moved on. When Hannah reflects on her highlights of growing up in The Salvation Army, it's the people and community that she always comes back to. Through experiences with the corps (church) she's attended, life at camp as a divisional youth secretary's kid, and other spaces within the Army, Hannah has always appreciated the rich opportunities of getting to know people from different backgrounds.

The exposure to such a diverse group of people broadened and enriched Hannah's own perspective of the church and the world at large. Knowing people from all walks of life and hearing their stories interested Hannah and led to the work that she would feel called to later in life: an educator.

Spending six years of her childhood at summer camps created core memories

that Hannah now leans on in many moments of her life as a young adult. From simple, silly things like "Minute to Win It" games, which she uses to connect with people, to powerful moments of watching the Holy Spirit move, these camp core memories have become a part of who Hannah is. While reflecting on past summers spent at camp, Hannah smiled at the memories of campers responding to the call of salvation. "Response is universal, and seeing that regularly was an important experience that shaped who I am."

Nowadays, Hannah spends her days much like how she did as a kid growing up: in community. "People are one of God's greatest gifts to us," she reflected, and so Hannah prioritizes connection opportunities whether it be with friends, or strangers. Loneliness has been a struggle for Hannah, but community and reminders of His love bring her back to center.

Hannah's favorite scripture is Jeremiah 31:3 (NIV), which says, "The Lord appeared to us in the past, saying: 'I have loved you with an everlasting love; I have drawn you with unfailing kindness.'" This verse reminds her daily that God's love is constant and unshakable. It's this love that fuels her desire to build community, connect with people and share that love with others. **P**



*Interested in sharing your story with Peer Magazine? Visit peermag.org/contribute for more information.

REMIX

BY DANIELA DI CATERINA

The boots shown in the bottom right were purchased at a Salvation Army thrift store.



📺 Don't miss Daniela's video on how she styled her rain boots on Peer's YouTube channel!

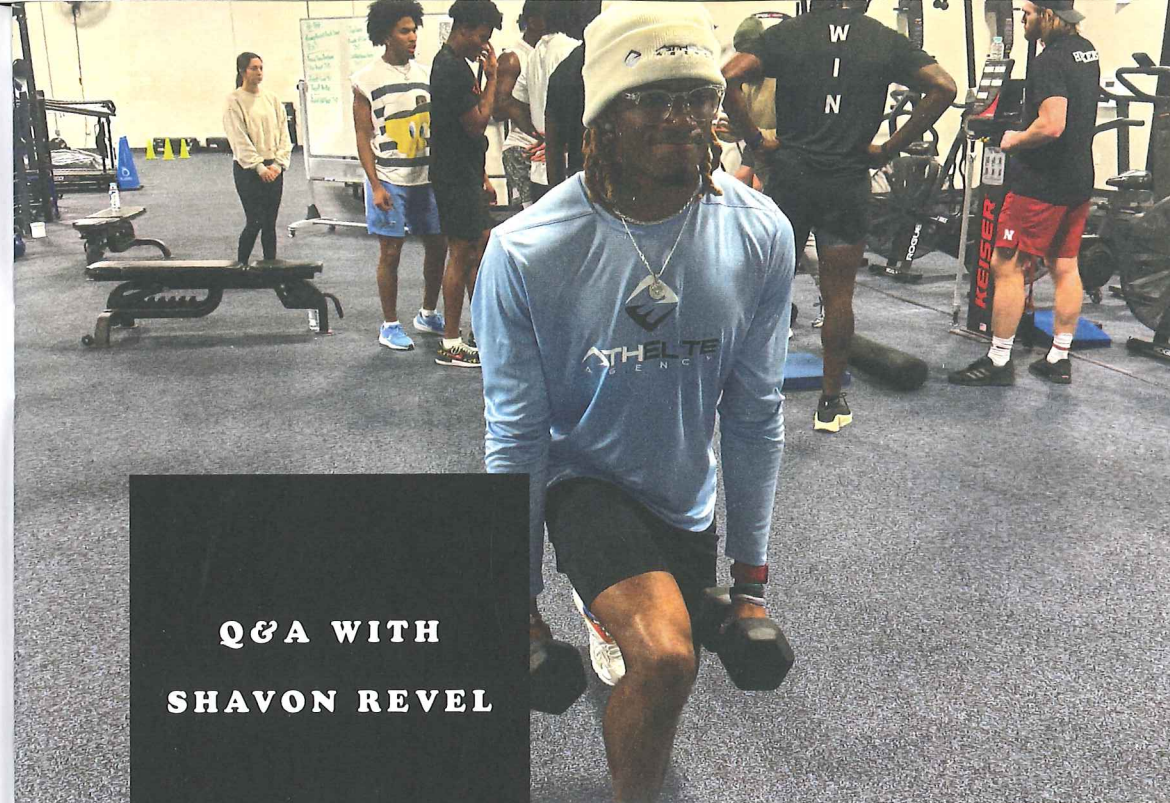
3 Easy Ways to Style Your Rain Boots

Not only can rain boots be practical, they can elevate your outfit and add a stylish edge.

The first look is a classic and playful combination: denim shorts paired with a simple tank top and topped with an oversized jacket. It's an effortless outfit in which you can play around with colors. Whether you keep it neutral or go bold with color, the boots tie it all together.

For a casual rainy-day option, leggings with an oversized T-shirt and rain jacket make for an ideal laid back outfit. It's comfortable and easy to move around in, and the boots keep your feet dry while still looking stylish.

For another look, I went for a more polished, monochromatic vibe with white shorts, a white sweater, and a cozy jacket layered on top. The light tones give this rainy day outfit a fresh twist, while the boots add balance and contrast. If it gets too chilly, you can always slip on some tights to stay extra cozy and warm.



Q&A WITH SHAVON REVEL

"I was trying to keep my composure, not trying to stutter, not trying to get nervous. I was so excited."

Shavon Revel played college football for East Carolina University. He was selected by the Dallas Cowboys in the third round of the 2025 NFL draft.

PEER Can you take us back to that moment when you decided to attend East Carolina University's training prospect camp?

SHAVON REVEL I wasn't eligible to go to a D1 college. I went there not knowing if I was going to get an offer. I had to lock in because at the end of the day, it was still a process. I knew what I was signing myself up for.

P What motivated you to keep going throughout your college football career and to the draft?

SR I'm very self-motivated. I didn't have a lot of friends, but a lot of teammates, and they were on my side; they supported me. In my head, I'm on a different mission. I had something to prove. I'm hungry every single day. I'm practicing after practice. I'm practicing after lifts. I'm lifting after lifts. I'm doing this and that. I just look at my mom and dad and how hard they worked for what they wanted because my mom and dad didn't grow up easy.

P What was it like getting that call from the Cowboys on draft day?

SR When I went on the "30 visit" with them, I already felt like I was family. I thought, this might be the spot. When draft day came, I'm waiting first round; I didn't make first round, but I didn't give up. Still didn't make the second round. And finally, the third round. When I saw that phone call, I looked straight at my dad and showed him my phone.

I was trying to keep my composure, not trying to stutter, not trying to get nervous. I was so excited. I thank God for the people that have been there for me to support me. All I ask is for people's support and being there to push me to be my best and hold me accountable.

P What has surprised you most about life in the NFL so far? How has your faith been impacted?

SR Nothing can impact my faith. I pray every day as soon as I wake up. When I walk out of the house and I forget to pray, I go back in the house and pray. I have a strong relationship with God. It's something I have to do. It's something He's asking me to do today.

What advice do you have for young adults to stay grounded in their faith?

SR: Just be available for yourself. You can't blame anybody for what's going on in your life. Nothing like that. Just be around yourself and around people who want the best for you.

What advice do you have for this generation? Particularly aspiring athletes?

SR: Focus on you. Don't live your life based on however you see everybody else living theirs. Your life might come slow. It might come fast. But at the end of the day, go at your own pace. Win your own race. Don't let anybody's opinions bother you or dictate your future or your future goals. Don't let people get in your head. Do what you want to do.

📺 Read an extended Q&A with Shavon on [peermag.org](https://www.peermag.org). Follow Shavon @r4lvn_28 on Instagram.

PANORAMA



#didiyouknow

Recognize Salvation Army kettles outside your local market, but ever wonder how the first kettle ever came to be?

In November 1891, Captain Joseph McFee wanted to provide a Christmas dinner for the poorest individuals and families in San Francisco. He remembered his days as a young sailor in Liverpool, England, particularly on the Stage Landing wharf, where people would toss a few coins into an iron kettle called "Simpson's Pot" as they walked by.

The idea flew to him, and so, he put together a large pot on a metal tripod, and hung a sign overhead that read, "Fill the Pot for the Poor - Free Dinner on Christmas Day."

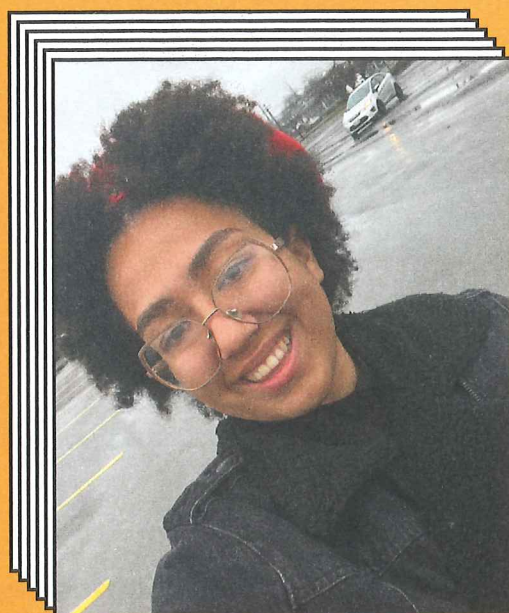
After its success, the kettle campaign was born and spread throughout the country and around the world.

To learn more about the Red Kettle, visit peermag.org/articles/red-kettle.

Connect with a local Salvation Army in your area at salvationarmyusa.org.



From Puerto Rico to Costa Rica: Lydmarie's Journey with Hands On and CAST



In 2022, Lydmarie served on the Hands On mission team in Puerto Rico. In 2023, she served on the Hands On mission team that partnered with the Creative Arts Service Team (CAST) in Costa Rica as part of the first overseas mission team.

She has attended The Salvation Army since 2014 in the Puerto Rico and Virgin Islands Division (PRVI), at her local corps (church) with her sisters.

She first heard about the Hands On team during her first year at a Territorial Arts Ministries Conservatory in 2016. "It's always been a passion of mine to help people and to be able to preach the word of God through the arts ministries," Lydmarie recalled.

Lydmarie planned on participating in the Hands On team in 2020, but the trip was canceled due to the coronavirus pandemic. A couple of years later, when they announced that Hands On would partner with CAST, Lydmarie knew she had to give it a chance.

One of her favorite memories from her first Hands On experience in 2022 was helping the music and arts camp in Juana Diaz, Puerto Rico. Due to a Covid-19 outbreak in the camp, many kids were sent home. The final show was canceled. Seeing the remaining kids' frustrations, Lydmarie and her other team participants planned a makeshift recital. "You could feel the love that they have for the Lord through their pieces. We were so proud of them."

After serving on two mission teams in two years, Lydmarie is thankful for the experience. One of her biggest joys from the experience was the chance to travel and preach the word of God with her teammates. "It's seeing the impact that this ministry has with not only the community it serves but also on the people who give up their time to minister to those communities."

"We make a space for people to belong, and we make them feel like they belong because they do, you know."

Young Leaders
Gather in London

31 young Salvationists from around the world convened in London for the first international youth forum in 28 years as part of the International Children and Young People Advisory Group.

The event, held from June 27 to July 3, centered on Compass, The Salvation Army's global strategic framework. These young Salvationists explored how Compass applies across different cultures and societal contexts, identifying shared challenges and proposing strategic responses. The week included daily devotions themed around: Wait, Pray, Continue, Receive, and Go. Heart talk sessions allowed participants to share personal testimonies.

Indonesian delegate Krisna Puspita delivered a heartfelt message calling for intergenerational collaboration, trust, and a space for innovation. "My prayer, and the prayer of many young Salvationists around the world, is for deeper collaboration."

On the final day, youth leaders presented their reflections and recommendations to General Lyndon Buckingham and his team. The General encouraged them with Scripture from 1 Timothy 4:12, affirming their role as influencers for Christ.



A Community Place



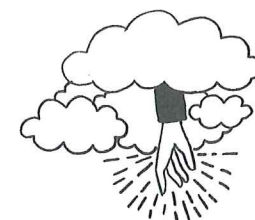
In August of 2024, The Salvation Army Prospect Corps in Kansas City, MO opened its doors to welcome community residents to church — a "dinner church," an initiative that began at other corps nationwide.

Lt. Donald Cooper, the corps officer (pastor) at the Prospect corps, wanted a space to welcome those in the community — but not within typical Sunday service hours. The corps initially welcomed 20 people, but that number grew over time to just over 100 attendees per night. That first night, Lt. Cooper and other corps members welcomed attendees to plates of food, worship, and messages, and also handed out hygiene kits.

In a heartfelt video produced by The Salvation Army Kansas & Western Missouri division, its attendees recalled the environment as welcoming. "It feels like family. Come as you are. When you leave here, you leave not only full but spiritually full," one attendee remarked.

"Hospitality has been our hook in being here. The music is on. The coffee is hot. The food is good. The space is decorated beautifully. All that, so they can be introduced into a relationship with Jesus Christ," Lt. Cooper said.

Lt. Cooper and members at the Prospect corps work hard to create a structure that makes community members feel welcome and that includes the moment they walk through the doors. "We make a space for people to belong, and we make them feel like they belong because they do, you know," Lt. Donald shared. He instructed soldiers and officers who attend the Prospect corps to not wear uniforms to create a sense of belonging. "Just so that they're [community members] open to coming into a church and experiencing the presence of God."



Young People Across
Europe Dare to Look
Up

The Salvation Army's European Youth Event (EYE) 2025 brought together hundreds of young Salvationists and friends from across the continent for four days of worship, testimony and teaching.

Held at De Kroeze Danne in the Netherlands, the camp provided a solace away from the worries and troubles of the outside world, where the delegates were free to learn and discover a closer relationship to God and as the theme of EYE suggested — to 'look up.'

To read the full story from The Salvation Army IHQ, visit bit.ly/salarmy-lookup.



ILLUSTRATION BY METALEAP

ILLUSTRATION BY METALEAP

WISE UP

Colonel Henry Gariepy

BY MAJOR BILLY FRANCIS

thored more than 30 books and hundreds of articles, devotionals, and columns that offered biblical insight, spiritual encouragement, and theological reflection. His writings make up the largest amount of published works by a Salvationist author. Perhaps his most well-known work was "100 Portraits of Christ," that was produced in nine editions and in several languages.

He also served as editor of *The War Cry*, The Salvation Army's flagship publication in the United States. Under his leadership, the magazine expanded its reach and relevance, tackling contemporary issues while keeping a Christ-centered focus. He produced the first full-color issue of *The War Cry* in magazine format. In 1998, he launched *Word & Deed*, the semi-annual journal of Salvation Army theology and ministry.

His legacy continued not only through his many publications but also through the lives of those he inspired. In a world that often valued noise over wisdom, he offered a calm, steady voice rooted in Scripture, reminding all who read his work of God's enduring presence and purpose. His contribution to Christian literature and the mission of The Salvation Army remains enduring and impactful, a beacon for future generations of believers.

In July 2007, General Shaw Clifton conferred him the Army's highest honor, Order of the Founder.

In retirement, Colonel Henry Gariepy remained active as a literary consultant, conference speaker and professor at the College for Officer Training in Suffern, New York. He was promoted to Glory on April 3, 2010. **P**

So What?

Each of us has our own unique gifts and talents. What is a special gift you have that brings you joy and how are you using it to serve Christ?

ILLUSTRATION BY PAUL RYDING

Colonel Henry Gariepy was a distinguished Salvation Army officer (pastor) and prolific writer. His influence spanned across spiritual, literary, and humanitarian realms.

After committing his life to Christ, Henry was commissioned as an officer in 1949. He began a lifetime ministry that combined pastoral leadership, teaching, writing, and administration. His dedication to the spiritual growth and encouragement of others was clear in every role he assumed, from corps officer to editorial leader within the Army's publishing departments.

Henry's most lasting impact came through his writing. He au-

peer



pray for me.



Life can be tough but it's not always easy to show it. Ever thought of sharing your prayer request with Peer? No matter what you're facing, we believe God is greater. If you allow us, we'd love to pray for you.



peer gets you.
do you get peer?



We're here to listen, learn and grow together. Coming to your doorstep once a month, Peer offers new perspectives on faith, community and culture from your mentors and peers. Flip through the pages and subscribe.

PEERMAG.ORG/PRAY-FOR-ME PEERMAG.ORG/SUBSCRIBE

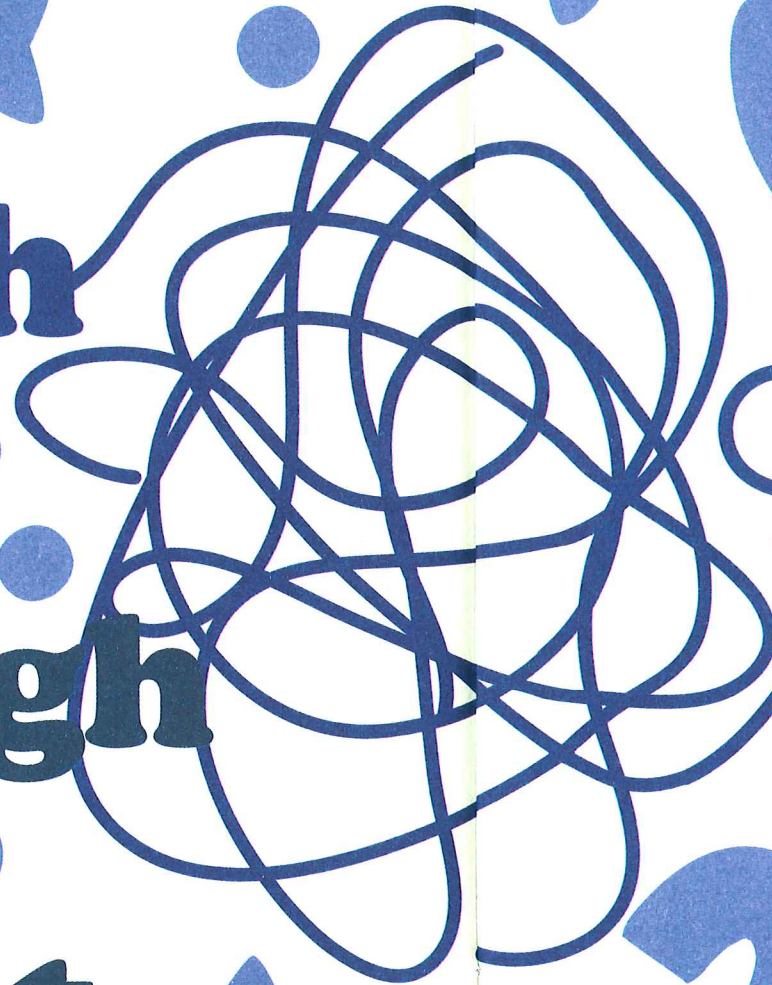
Finding

Faith

Through

Doubt

by Taylor Standridge



H

Have you ever found yourself lying awake at night, wrestling with questions?

Have you ever found yourself lying awake at night, wrestling with questions about God or the Bible?

Maybe you've sat in church and wondered if anyone else was struggling with the same thoughts.

Maybe you've felt guilty for questioning at all.

For many of us, doubt feels dangerous — like a crack in the foundation of our faith that could cause everything to collapse. We're often told that strong Christians don't question God and that faith means being sure of everything we believe.

But what if doubt isn't a sign of weakness? What if it's a part of growing in faith?

There's a scene in the movie, "The Lion, the Witch, and the Wardrobe," based on C.S. Lewis's bestselling novel of the same name, when Lucy tries to convince her siblings that Narnia is real. She has seen it, walked through the snowy woods, and met Mr. Tumnus, but Peter and Susan struggle to believe her. They turn to the wise Professor Kirke, expecting him to dismiss Lucy's story. Instead, he challenges them: "If she's not mad and she's not lying, then logically, she must be telling the truth."

This scene captures the tension many Christians feel when they begin questioning their faith. We assume doubt means losing our faith. But what if doubt isn't the opposite of faith? What if it's actually evidence that we're taking our faith seriously?

Doubt: Losing Faith or Growing in It?

Many of us grew up thinking that a "strong" faith means having all the right answers and defending them with confidence. But that's not real faith — it's certainty, which doesn't require trust. Faith, on the other hand, is not the absence of doubt; it's the choice to trust God even when we have questions.

If we never ask questions about what we've been taught, how do we know if our faith is



really ours? Many of us inherit beliefs from our parents, churches, or communities, but at some point, we must wrestle with them individually. We have to ask:

- Do I believe this because I've experienced God or because I was raised this way?
- Does this align with what Scripture teaches or is it cultural tradition?
- Is my faith rooted in Jesus, or is it tied to a particular leader, church, or movement?

These questions aren't signs of a weak faith, but signs of a growing faith. The goal of asking questions isn't to tear everything down and walk away. It's to strip away anything false so what remains is real.

Faith, Like a Muscle, Grows Through Resistance

If you've ever tried working out, you know that building muscle doesn't happen overnight. To grow stronger, muscle fibers must first tear under resistance. That tearing may feel like weakness, but it's actually a necessary step for growth. As the body repairs and rebuilds those fibers, the muscle becomes stronger than before.

Faith works the same way.

Doubt is like the resistance we experience in a workout. It exposes weak or unhealthy beliefs, forcing us to examine what we've been taught and whether it holds up. When we wrestle with hard questions, we may feel like our faith is breaking, but what's really happening is tearing down what was weak to build something stronger in its place.

Jesus Himself described this kind of growth process when He talked about pruning: "He cuts off every branch of mine that doesn't produce fruit, and he prunes the branches that do bear fruit so they will produce even more" (John 15:2).

Just as a plant must be trimmed to grow, or a muscle must be stretched to gain strength, faith grows when it is tested and rebuilt on a solid foundation.

If we never question our beliefs, they remain shallow and fragile — easily shaken when life gets hard. But when we allow doubt to challenge us, when we seek real answers rather than clinging to false certainty, our faith becomes something resilient and unshakable.

Thomas: From Doubt to Worship

Doubt is nothing new. Some of the main characters of Scripture questioned God, wrestled with their beliefs, and

came out stronger on the other side. Take Thomas, for example, someone who walked with Jesus for years.

Being one of Jesus' original 12 disciples, Thomas is often remembered as "Doubting Thomas." But here's the thing — Jesus never called him that. We do.

In John 20:24-29, Thomas wasn't present when Jesus first appeared to the other disciples after the resurrection. When they told him they had seen the Lord, he refused to believe unless he could see and touch Jesus' wounds himself.

Jesus appeared again eight days later, this time while Thomas was present. Rather than rebuking or shaming him, Jesus met Thomas in his doubt:

"Put your finger here; see my hands. Reach out your hand and put it into my side. Stop doubting and believe" (John 20:27, NIV).

Thomas' response, John 20:28, is one of the most profound declarations of faith recorded in Scripture: "My Lord and my God!"

Jesus didn't label Thomas a doubter. Instead, He invited him closer. Instead of rejecting Thomas for his questions, Jesus gave him what he needed to believe. Yet history remembers Thomas for his moment of doubt rather than his moment of faith. We call him "Doubting Thomas," but Jesus simply called him by name.

Thomas' story reminds us that doubt doesn't disqualify us. Jesus is not threatened by our questions. Instead, He meets us in them, inviting us to see for ourselves and believe.

Faith Isn't Blind — It's Trusting in What We Cannot See

The opposite of faith isn't doubt — it's certainty, but also fear. When we fear that questioning will unravel our belief, we hold onto certainty like a security blanket. But certainty is brittle. It can't withstand life's storms.

Faith, on the other hand, is resilient. It's like a tree that bends in the wind but doesn't break.

Hebrews 11:1 (ESV) tells us: "Now faith is the assurance of things hoped for, the conviction of things not seen."

Saint Augustine put it this way: "Faith is to believe what you do not see; the reward of this faith is to see what you believe."

Faith invites us to trust in what we can't fully grasp, and yet, in time, that trust reveals deeper truths to us. We don't wait until we have all the answers to believe; rather, by stepping out in faith, we begin to see the reality of God's presence in unexpected ways.

FOR FURTHER STUDY

Read:

Invisible Jesus: A Book About Leaving the Church and Looking for Christ

by Dr. Scot McKnight and Tommy Preson Phillips

The Benefit of Doubt: How Confronting Your Deepest Questions Can Lead to a Richer Faith

by Craig Groeschel

When Faith Disappoints: The Gap Between What We Believe and What We Experience by Lisa Victoria Fields

ILLUSTRATIONS BY COSMAA VIA GETTY IMAGES

Faith isn't about having everything neatly figured out. It's about learning to trust God in the unknown, believing that He is guiding us even when the path isn't clear.

A Safe Place to Wrestle

If we never wrestle with our faith, we risk making Christianity a cultural identity rather than a personal relationship with Jesus. That's why it's so important to find safe spaces to ask challenging questions.


- **Read widely.** Engage with Scripture deeply but read perspectives that challenge you to think critically about your faith. Wrestling with different ideas can strengthen your understanding and help you build a faith that is truly your own.
- **Seek community.** Find a church or small group that welcomes honest discussion rather than shutting it down. Surround yourself with people who encourage seeking truth, not just easy answers.
- **Pray honestly.** God already knows your doubts. You don't have to pretend. Bring them to Him, just as we find so many characters in the story of the Bible doing the same thing: Abraham, Sarah, Naomi, Job, John the Baptist, Elijah, Thomas, Martha, David, etc.

Doubt isn't something to be ashamed of. It's an opportunity to seek deeper truth. The key is to bring our doubts to God rather than letting them drive us away from Him. When we do, we'll find that He's not afraid of our questions. Instead, He welcomes them.

God is Not Afraid of Your Questions

At the end of "The Lion, the Witch, and the Wardrobe," Aslan (the Christ figure) disappears after defeating the White Witch. Lucy and her siblings long for Him to stay, but Mr. Beaver reminds them: "He'll be coming and going ... He's not a tame lion. But he is good."

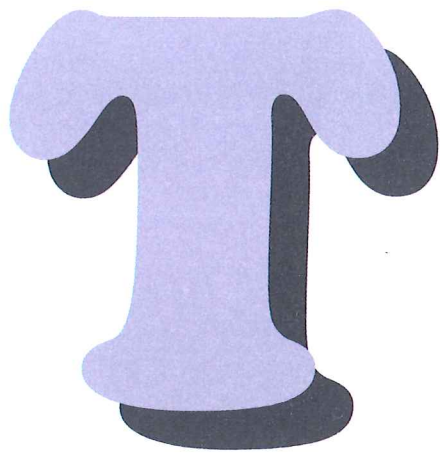
God is not tame, predictable, or confined to our understanding. But He is good. He can handle our doubts, fears, and questions. He invites us to wrestle with Him, to seek Him, and to trust that even when we don't have all the answers, He does.

So, if you find yourself questioning what you believe, don't panic. You're not losing your faith — you're growing in it. 

Social Media Strike

BY AKOSUA FREMPONG, PH.D.





TikTok, Facebook, X (formerly Twitter), Snapchat, LinkedIn, Instagram, Pinterest ... so many social media apps! Social media is available anywhere, anytime and for free (most, at least), and used for socializing, connecting with employers and loved ones, and scrolling for news.

But what happens when you become addicted to social media apps? What happens when instead of completing the useful tasks, you choose to scroll through an endless supply of social media content? This dependency can be costly with physical, mental, spiritual and social effects.

How Does Social Media Use Cause Stress?

Social media apps can be fun. But when you stay on an app for way too long, stress can quickly follow. The amount of content that can come from newsfeeds — in a short amount of time — can be overwhelming. This overwhelming feeling is especially the case when the news coming at you steers negative.

The time spent on social media apps can stress you out — particularly after you opened an app for a specific question or problem. You can fall into the habit of scrolling only to realize that you haven't found the information you need. It goes like this: Log into the app you desire for information and then get distracted by the seemingly endless amount of content. Two hours tick by. You still have no answer to your original question. Sound familiar?

How Does Social Media Use Cause Anxiety and Depression?

While results from research on social media and its impacts have been mixed, some research shows that there's a connection between heavy social media use and feelings of anxiety, depression and psychological distress.

The Bible tells us to send our cares to God, and not to worry because it robs us of happiness (Philippians 4:6). In other words, we can become anxious and depressed through worry. Anxiety is a type of uncertainty or even fear

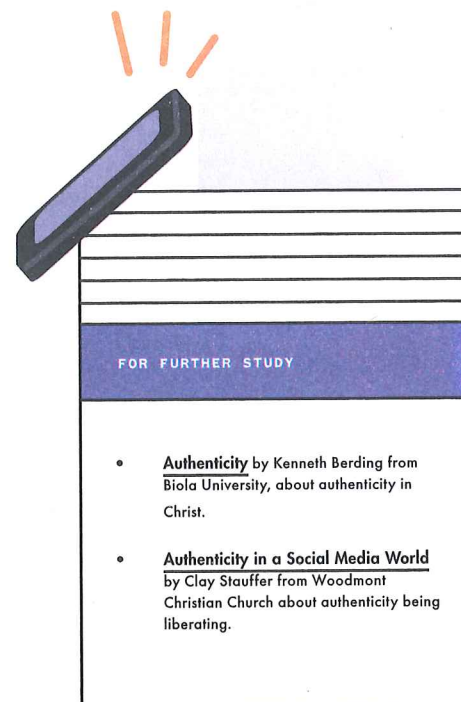
of what might (or might not) happen. Depression is usually this same feeling, but it tends to be compounded with sadness, which people sometimes can't shake off.

How Does Social Media Lead to Comparison and Loneliness?

Other research shows that depression can occur in some young adults when they compare themselves to others (even when they don't want to or they're not conscious they're doing it). Loneliness can result from excessive social media use.

Comparison becomes almost inevitable when using social media, especially for young people. When you compare yourself to others on social media, remember that most of these individuals are struggling with challenges just as you are, and may be using social media to project a picture-perfect life. In that way, their expressions might be inauthentic. Practice being content rather than wishing you had

“When you heed the wise words of God, you can navigate using social media well, with balance, and avoid the negative effects.”



- **Authenticity** by Kenneth Berding from Biola University, about authenticity in Christ.
- **Authenticity in a Social Media World** by Clay Stauffer from Woodmont Christian Church about authenticity being liberating.

someone else's life, friends, car, home, clothes, shoes, bags, etc.

God encourages us to not covet what our neighbors have (Exodus 20:17). He also encourages us to be loving instead of being jealous, envious or comparing ourselves with one another (1 Corinthians 13:4). When you heed the wise words of God, you can navigate using social media well, with balance, and avoid the negative effects.

Excessive social media use can dissuade authenticity and lead to inauthentic connections. Many young people, according to research, lead two lives: one online, one offline. Although social media can allow people to connect, this online connection is usually superficial, leading those who only connect virtually to feel lonely.

Instead of connecting mainly through social media, it's better to connect with others in person — better for your mental, emotional, and spiritual health. And if in-person is not feasible, then chatting on the phone via phone calls and messages can help cultivate authentic relationships.

Social media can do good like connecting you with people, like those you've reconnected with, those who live far away, or potential employers and colleagues for job opportunities. It can be the only cost-effective way to connect with these people. However, a reliance on social media apps as a whole can not only be harmful physically (for your eyes and not being able to get up to walk and be active) but it can also be disadvantageous mentally, spiritually, and socially.

Strike a good balance in your social media usage so that you enjoy its benefits and avoid its negative effects. **P**



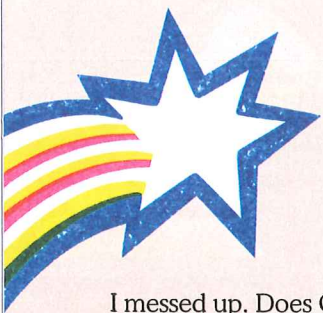
PAPER TRIDENT VIA GETTY IMAGES

I Messed Up. Does God Still Love Me?

By Seana Scott

Illustration By Chanelle Nibbelink





I messed up. Does God still love me?

Do you ever ask this question, wondering if God still loves you? You're not alone.

Shame can make us feel alone in the middle of the sea with God's love beyond reach.

But is this true? Does God stop loving us when we mess up?

Five Truths To Remember When You Mess Up

1. God is love.

Our culture defines love in many ways. You think you love someone when you desire them in a romantic way. You think you love someone when they are a part of your family or a close friend who shows up for you.

And while these can be expressions of human love, at the very basic level, love is other-focused, not self-focused.

In other words, love means giving yourself for the good of others.

God loves you because He gives Himself for our good, even when we do nothing to deserve it.

John 3:16 tells us God loved us by giving us His only Son, so that whoever believes in Him will not exist in forever death, but forever life. 1 John 4:8b (NIV) tells us that "God is love."

When you wonder if God loves you, repeat this: "I know God loves me because He gave Himself for me."

2. God loved you before you could ever love Him.

Jesus, being fully God and fully man, lived a perfect life to become a perfect sacrifice for sin. Before you could ever believe or follow, He loved you by giving His whole life.

"But God demonstrates his own love for us in this: While we were still sinners, Christ died for us" (Romans 5:8, NIV).

"Greater love has no one than this: to lay down one's life for one's friends" (John 15:13). God's love is not dependent on us. He loves us because God is love.

When you wonder if God loves you, repeat this: "God loved me before I could love Him."

3. Our sin separates us from experiencing God's love.

God loves us all the time and we are saved by His grace through faith in Jesus (Romans 8:35-39, Ephesians 2:8). And yet, sin separates us from closeness with Him, from experiencing His love in fullest measure (Isaiah 59:2a).

Sin is anything we think, say, or do that is not in line with God's character, or what the Bible calls His holiness. Sin can mean missing the mark. And all of us sin (Romans 3:23), but

FOR FURTHER REFLECTION

What is the gospel? — The basics about the gospel and what it means for your relationship with God.

What does the word "gospel" mean? — The Bible Project's video helps Christians understand the word "Gospel."

Short Bible Study on Experiencing God's Love — A short Bible study on experiencing God's love through studying the book of Ephesians.



in God's love, He provided a way for us to be close to Him through forgiveness.

When you wonder if God loves you, repeat this: "God still loves me when I sin, but my sin brings distance in my relationship with Him."

4. God's love provides the way for forgiveness.

Jesus told the religious leaders of His day the way to live for God is to "Love the Lord your God with all your heart and with all your soul and with all your mind ... Love your neighbor as yourself" (Matthew 22:37,39, NIV).

But as much as we try to love God and follow Him, we are bound to mess up (Romans 3:23). But God is not done with you.

When you feel the reality of sin in your heart, the shame that makes you hide, all you need to do is stop your sin and turn to Him. Turn to His love.

John 3:16 (NIV) tells us, "For God so loved the world that he gave his one and only son, that whoever believes in him shall not perish, but have eternal life."

1 John 1:9 (ESV) tells us, "If we confess our sins, he is faithful and just to forgive us our sins and to cleanse us from all unrighteousness."

God is not holding out a cosmic paddle to punish you when you come to Him in humility. God is holding out loving arms to embrace you.

When you wonder if God loves you, repeat this: "God's love provides the way for forgiveness."

5. We experience God's love as we follow Him.

Following God is risky. You have to make choices to do the right thing, even when it's the hard thing. During my high school years, I stopped using substances and followed Jesus, and I lost all my friends.

"God is not holding out a cosmic paddle to punish you when you come to Him in humility. God is holding out loving arms to embrace you."



I remember sitting on the couch during homecoming with no friends to go to the game with. With tears streaming down my face, I told myself, "It is better to be here with Jesus than with my friends walking away from Him."

You may face different choices than me in choosing to follow God, but after more than 20 years of following Jesus, I never regret saying no to sin to follow Him. It is always hard — but always better. Because even when we suffer for following Jesus, we experience His presence, His peace, and His love in a deeper way.

When you wonder if God loves you, repeat this: "I experience God's love in increasing measure as I follow Him."

Are You Ready?

God loves you. All the time. If you are willing and ready to walk in His love, He's waiting with open arms.

A prayer to help you start: God, thank You for loving me even though I mess up a lot. I believe in Jesus and His sacrifice for my sin. So, please God, forgive me for (fill in the blank) and any other sin I don't even realize I have done. And please empower me by Your Holy Spirit to walk with You more closely. Show me the way, Lord. Amen. **P**



BIG THINKERS NEEDED.

We're always looking for people who are passionate about doing good in the world. The work we do can't happen without selfless people willing to help wherever there's a need. Seriously: if you care about making a difference and want to be empowered to serve others, we just might have a place for you.

IMMEDIATELY.



Call or visit us online now to explore serving as an officer with The Salvation Army.
1-800-SAL-ARMY or peermag.org/aboutthesalvationarmy

ZEITGEIST



"Hollow Knight: Silksong" Is Challenging, But Worth It

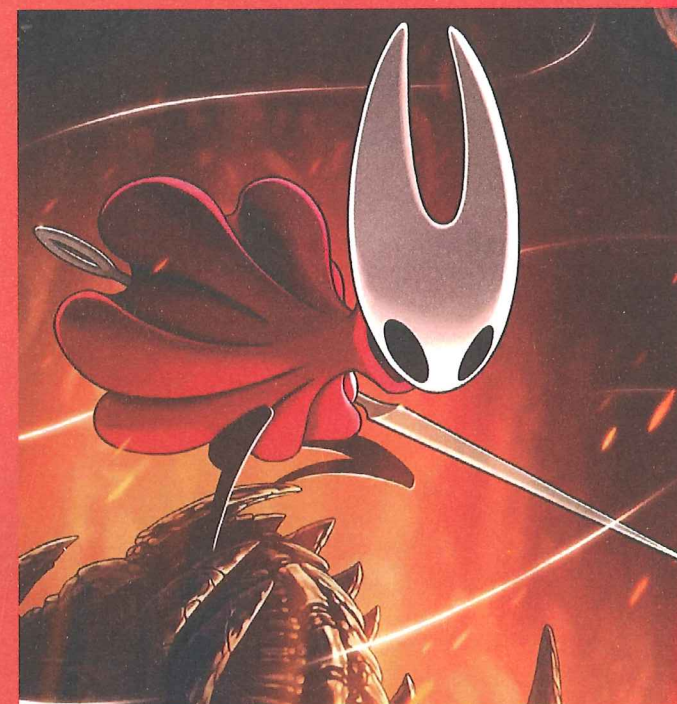


This fall, the long-awaited indie metroidvania-type "Hollow Knight: Silksong" was finally released. Following the events of "Hollow Knight," we play as fan favorite Hornet when she's kidnapped and brought to the mysterious haunted land of Pharloom. When she escapes her captors, she begins a dangerous journey to the top of the kingdom to confront its ruler and discover the truth behind her abduction.

"Silksong" isn't just a sequel to "Hollow Knight." It's far more complex and intricate. There's more detail than expected built into every aspect of the game. For example, while Hornet's basic moveset doesn't change, you can equip different quests that modify the specifics of her attacks, and the tools and upgrades you're able to use. Learning which crests, tools and abilities are better suited for certain challenges allow you to overcome the game's unexpected (but manageable) level of difficulty. This makes the combat satisfying and fun.

While the world is a bit depressing, exploring Pharloom and meeting the many loveable characters makes "Silksong" feel more alive and engaging than "Hollow Knight." The story has different endings, but they're all acceptable conclusions. Locking the true ending and a large chunk of the game behind a particularly challenging area, gauntlet and boss fight is questionable, but it lets play-

"It's a fun challenge, and a rewarding experience for fans who have been waiting for years to play."

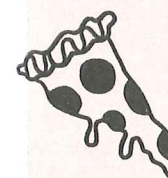


ers know what they can expect if they really want to finish the game.

The biggest issue with "Silksong" is how hard it is. It would be fine if it were just enemies with complicated attack patterns, but much of the challenge feels artificial. There's an annoyingly low number of save points, so your player's death means a lot of time-consuming backtracking.

Each area of the game features several small arenas that include wave after wave of enemies, which are easy enough on their own, but overwhelming in large numbers. It doesn't feel challenging, it feels cheap. Resources like money are very scarce, which leads to a lot of grinding. And sadly, there aren't many rewards for bosses and exploration — which is odd given the number of items, upgrades, and the size of the game.

"Hollow Knight: Silksong" is hard — really hard — but that's okay. Despite the hype, this isn't a game for casual players. It's a fun challenge, and a rewarding experience for fans who have been waiting for years to play.



To read past video game reviews and watch their videos, visit peermag.org/zeitgeist.

ILLUSTRATION BY METALEAP | VIDEO GAME REVIEW BY DAVID REARDON



Pokémon Is Back and Better Than Ever

♥♥♥♥♥♥♥

Rating: TV-PG
Platform: Disney+

Haru and friends return to provide Pokémon and trainers alike a fantastic vacation. If you've watched the show or read my review of part 1, you'll know that "Pokémon Concierge" is by nature a light-hearted, comfortable show, and part 2 is no different. The episodes are short and sweet, and filled with fun references for Pokémon fans to spot and enjoy. The stop-motion animation remains top-notch. The artistic flair of clay and cloth fits the series like a glove, giving the titular pocket monsters life and vitality that has been missing from the mainline video game entries for years. None of the problems are solved alone. The best solutions are found by collaboration and using the unique skills of the Pokémon and staff that occupy the concierge. Likewise, the body of Christ works best when it works together: "Above all, keep loving one another earnestly, since love covers a multitude of sins. Show hospitality to one another without grumbling. As each has received a gift, use it to serve one another, as good stewards of God's varied grace" (1 Peter 4:8-10, ESV).



*Zeitgeist is written as reviews, not recommendations.



20,000 Leagues Under the Sea
Rating: TV-PG
Platform: Disney+

♥♥♥♥♥♥♥

After their adventure to the center of the earth, Diego and crew embark on a new adventure amidst the dark and dangerous ocean depths. Might be worth a watch if you are a fan of the Verne universe. The series is in Spanish; however, English dubbing and subtitles are available.



Lego Masters Jr.
Rating: TV-PG
Platform: Disney+

♥♥♥♥♥♥♥

A junior offshoot of the hit building competition, "Lego Masters Jr." pits young, creative Lego masters against one another with iconic themes and fun-filled challenges. Those looking for a reality TV show without drama, or those who are Legos fans, may be interested in this show.

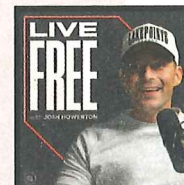
PODCAST REVIEWS BY EMANUEL BRIFFL



"American History Hotline"

Curious about America's past? Bob Crawford, the bassist from The Avett Brothers, finds expert historians to answer questions that you may or may not have ever wondered about.

It's not your average history class. You might hear about the true story behind a famous historical myth, like George Washington and the cherry tree, or get a deep dive into how political parties formed. The show encompasses everything from the nation's early days to more recent events. It brings history to life, making it feel real and personal. You get to hear how historical events connect to today's world. It demonstrates curiosity and that asking questions is the most effective way to understand the past. It's a fun and innovative way to learn about American history and gain a new perspective on topics. Take time to dive in, and then ask anyone born in the 1900s what a hotline is.



"LIVE FREE WITH JOSH HOWERTON"

Pastor Josh started this podcast to help listeners apply biblical principles to their lives. The show explores a diverse range of topics, including relationships, cultural issues, personal growth, and spiritual challenges, all from a faith-based perspective. Josh provides bold and practical biblical clarity, aiming to help people "live free" from a life of confusion and find purpose and peace through a relationship with Christ.

"WAIT WAIT... DON'T TELL ME"

This is a brilliant mix of news and comedy. Host Peter Sagal turn the week's headlines into a hilarious news quiz. The show's wit, along with a beloved segment called "Not My Job," where celebrity guests are quizzed on random topics, makes it a consistently entertaining listen. It's a fun and intelligent way to stay current with the latest events in a fast-paced world.



@danandshay

The beautiful simplicity of country music always reminds me of the little joys in life. "Bigger Houses" is an endearing song about appreciating what you have instead of comparing yourself to others. The chorus closes with, "The thing about happiness I've found is / it don't live in bigger houses."



@hiforrest

Forrest Frank is known for blending new pop sounds into the contemporary Christian genre. His song, "Heaven On My Mind," with TobyMac is fun, danceable, and energetic, while sharing the reminder to keep our eyes fixed on heaven. While we're grateful for what we have, God has so much more in store for us.

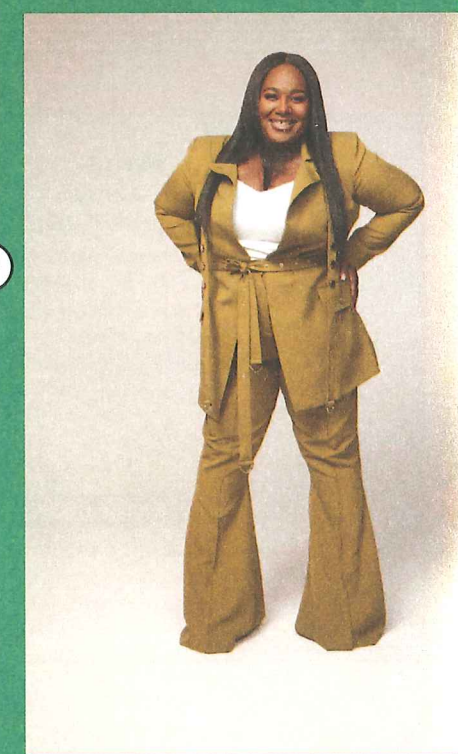
Naomi Raine Sings Live in a Recent Album

Naomi Raine, best known for her work with Maverick City Music in songs like "Jireh" and "The Story I'll Tell," released a live album earlier this year. It wasn't hard for one of the songs, "Be Glad," to become a new favorite.

Because of her popular work with Maverick City Music in recent years, it's easy to think of Naomi Raine as an emerging artist; however, she has been making solo Christian music for a decade.

Naomi's pure and strong voice, paired with the heart-pulling chord structure so well-used in the contemporary gospel genre, makes this song powerful and emotion-invoking. From the beginning, you sense that Naomi is giving a testimony that makes you want to hang on every word. The melody is so intuitive, that on the first listen, it feels like you've known the song forever.

The lyrics are a reminder that through everything, we can be grateful for the blessings the Lord has provided for us. During this season of thanksgiving, we're reminded of the words from Scripture: "This is the day that the Lord has made, let us rejoice and be glad in it" (Psalm 118:24, ESV).



MUSIC REVIEWS BY BRIAUNA PRIETO

When The Questions Come

BY CAPTAIN KELSEY BRIDGES

Have you ever had a moment when your faith collided with questions? When you wanted to believe, but your doubts were louder than your trust? A man in the Bible named Thomas had walked with Jesus for years and seen miracles with his own eyes, yet when the disciples announced that Jesus had risen, Thomas couldn't bring himself to believe without proof. We often call him "Doubting Thomas," but maybe he looks more like us than we'd like to admit.

Thomas wasn't a background character, but he was a bold and outspoken disciple. In John 11:16, when Jesus decides to return to Judea, Thomas doesn't shrink back. He declares, "Let us also go, that we may die with him" (NIV). That's not the statement of a coward. That's the voice of a fiercely loyal man, willing to risk everything for Jesus. This offers a different perspective: Thomas wasn't naturally a skeptic. He was deeply committed, but when life didn't unfold the way he expected, his faith struggled.

"He was deeply committed, but when life didn't unfold the way he expected, his faith struggled."

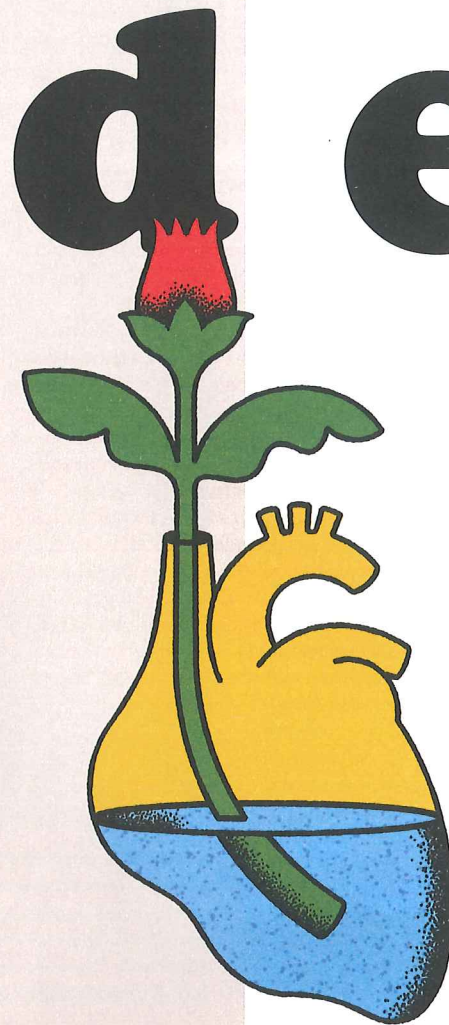


ILLUSTRATION BY LAN TRUONG

deeper

Notes

o

o

o

o

o

o

o

o

o

o

o

o

o

o

o

o

o

o

o

o

By the time the other disciples told him they had seen the risen Lord, Thomas's heart had already been crushed once. In John 20:25 (NIV), he responds, "Unless I see the nail marks in his hands and put my finger where the nails were, and put my hand into his side, I will not believe." That's not just stubborn doubt, that's a wounded heart crying, "I can't go through the pain of hoping again unless I know it's real."

Can you relate? Maybe you trusted someone, and they let you down. Maybe you thought following Jesus meant life would be easier, but instead you're carrying heavy burdens. Like Thomas, it's not that you don't want to believe, it's that you're afraid to get your hopes crushed again. The beauty of Thomas's story is that Jesus doesn't shame him. A week later, Jesus appears to Thomas and invites him to touch His wounds. He doesn't lecture Thomas about being weak but meets him exactly where he is, and in response, Thomas declares in John 20:28 (NIV), "My Lord and my God!" Doubt didn't disqualify Thomas; it became the doorway to a stronger declaration of faith.

What are the doubts or disappointments you're carrying right now? Be honest with God about them and invite Him to meet you in your questions. Faith isn't about never struggling with doubt. It's about trusting Jesus through the doubt and discovering that He is faithful. **P**

Dig Deeper:

God isn't intimidated by your questions. Be encouraged that, doubt can actually push you to seek Jesus more deeply, and in the process, your faith grows stronger. Be honest about your questions and pay attention. Where might God be showing up in your life right now, even in small ways?

Prayer:

Lord Jesus, thank You for meeting us in our doubts, just as You met Thomas. When disappointment clouds our hearts and questions feel heavy, remind us that You are near and faithful. Strengthen our trust in You, even when we can't see the full picture. Help us declare with confidence, "My Lord and my God." Amen.

DAILY READINGS

November
2025

Week 1

o NOVEMBER 1
John 20:1-2

Week 2

o NOVEMBER 2
John 20:3-4

o NOVEMBER 3
John 20:5-6

o NOVEMBER 4
John 20:7-8

o NOVEMBER 5
John 20:9-10

o NOVEMBER 6
John 20:11-12

o NOVEMBER 7
John 20:13-14

o NOVEMBER 8
John 20:15-16

Week 3

o NOVEMBER 9
John 20:17-18

o NOVEMBER 10
John 20:19-20

o NOVEMBER 11
John 20:21-22

o NOVEMBER 12
John 20:23-24

o NOVEMBER 13
John 20:25-26

o NOVEMBER 14
John 20:27-28

o NOVEMBER 15
John 20:29-31

Week 4

o NOVEMBER 16
John 21:1-2

o NOVEMBER 17
John 21:3-4

o NOVEMBER 18
John 21:5-6

o NOVEMBER 19
John 21:7-8

o NOVEMBER 20
John 21:9-10

o NOVEMBER 21
John 21:11-12

o NOVEMBER 22
John 21:13-14

Week 5

o NOVEMBER 23
John 21:15-16

o NOVEMBER 24
John 21:17-18

o NOVEMBER 25
John 21:19-20

o NOVEMBER 26
John 21:21-22

o NOVEMBER 27
John 21:23-25

o NOVEMBER 28
Acts 1:1-3

o NOVEMBER 29
Acts 1:4-6

Week 6

o NOVEMBER 30
Acts 1:7-11

Check out the illustrated Scripture on page 35! Illustration by Frieda Ruh.

ASK AN OFFICER



I've been feeling disconnected from my faith, and I don't know why. How can I reconnect?

Lt. Col. Pamilla Brackenbury
Alexandria, VA

First, please know this: you're not alone. Feeling disconnected from your faith is something many of us experience — especially within seasons of change, stress, or uncertainty. In Scripture, we see faithful people wrestling with doubt, distance, and longing for God.


There are so many promises in Scripture, but one of the most comforting truths in the Bible is that God doesn't move away from us — even when we feel far from Him.

Psalms 34:18 (NIV) reminds us, "The Lord is close to the brokenhearted and saves those who are crushed in spirit." That closeness is constant, even when we don't feel it.

May I suggest a few steps to help you reconnect?

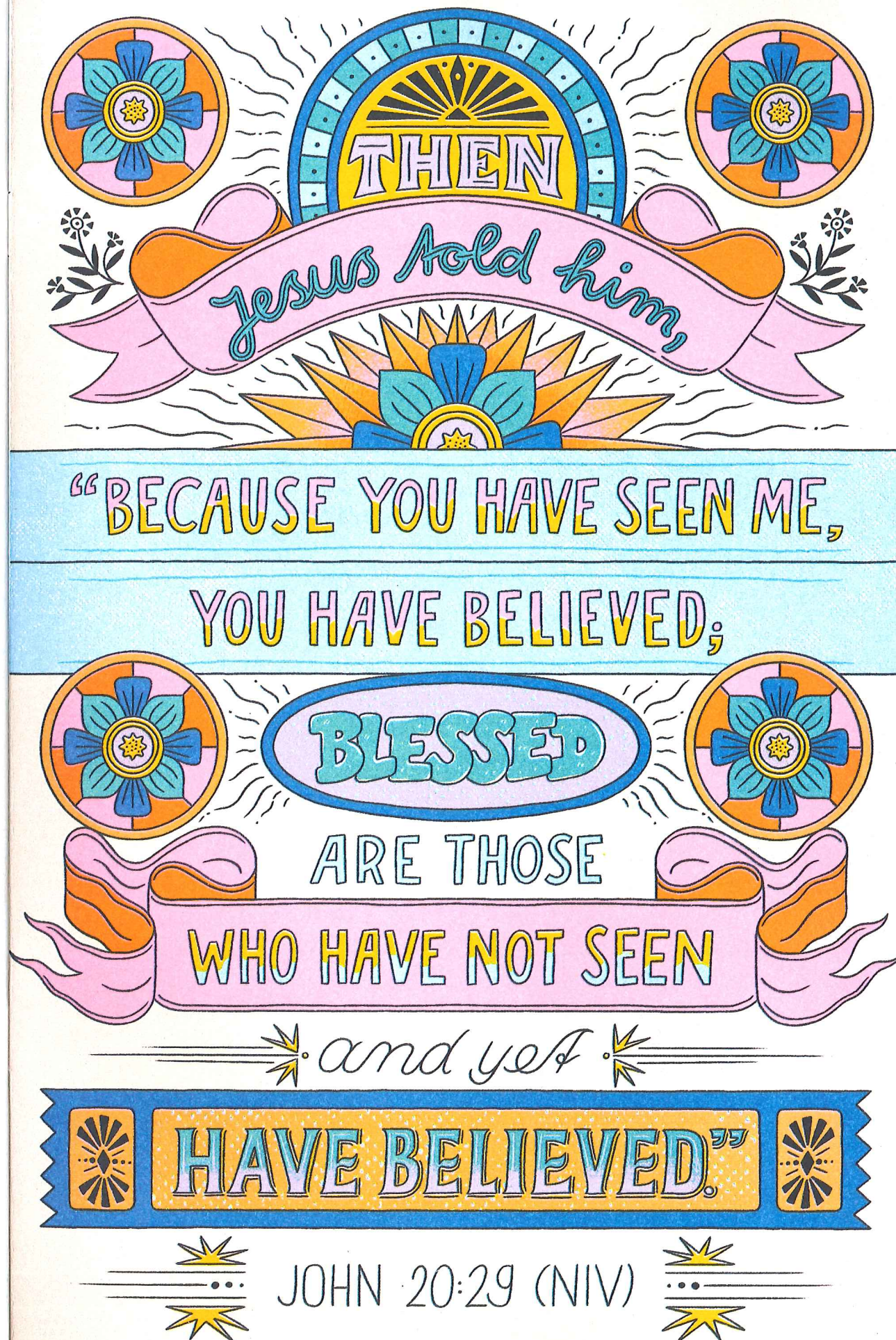
"Whether it's with a small group, a trusted friend, or a mentor, sharing your journey with others can help you feel seen and supported."

1. *Start with honesty.* Talk to God about how you're feeling (He already knows) — even if it's just a whisper. Prayer doesn't have to be polished. Psalm 62:8 (NIV) says, "Pour out your hearts to him, for God is our refuge." God welcomes your questions.
2. *Return to Scripture slowly.* You don't need to dive into a long reading plan. Try starting with one verse each day. The books of John and Psalms are great places to begin — both are full of raw emotion, questions, and hope.
3. *Find community.* Faith isn't meant to be lived alone. Whether it's with a small group, a trusted friend, or a mentor, sharing your journey with others can help you feel seen and supported. Hebrews 10:24-25 (NIV) encourages us to "spur one another on toward love and good deeds ... encouraging one another."
4. *Look for God in the everyday.* Sometimes we expect spiritual connection to come only through big moments. But God often speaks through quiet ones — often through nature, music, art, or acts of kindness. Be open to noticing Him in unexpected places and items, He is there!
5. *Give yourself grace.* Faith isn't a straight line. It's okay to feel lost sometimes. What matters is your desire to reconnect — and that desire itself is a sign that God is already at work in you.

 The Salvation Army is an evangelical part of the universal Christian church. An officer in The Salvation Army is an ordained minister of Christian faith. They dedicate their lives, skills and service completely to God. Submit your question to an officer at peermag.org/contribute

Jesus said in John 15:4a, "Remain in me, and I will remain in you." Reconnection begins with simply showing up, however you are, and trusting that God is aware and there!

STATEMENT OF OWNERSHIP, MANAGEMENT AND CIRCULATION required by Act of Aug. 12, 1970; Section 3685, Title 39, U.S. Code, for the Peer published monthly at 615 Slaters Lane, Alexandria, VA 22314. Publisher: The Salvation Army, 615 Slaters Lane, Alexandria, VA 22314; Editor-in-Chief, Lt. Colonel Lesa Davis, same address. Owners: The Salvation Army, same address. Known bondholders, mortgagees and other security holders: none. Purpose, function and non-profit status of organization and exempt status for Federal income tax purposes have not changed in preceding 12 months. During past 12 months: total number copies printed, 308,997; sales through paid subscriptions and agents, 301,067; free distribution, 3,620; total distribution, 306,727. Average for each issue during past 12 months: total printed, 30,900. Total copies printed for September 2025 was: 31,406.





DOING
THE MOST
GOOD®

NATIONAL PUBLICATION OF THE SALVATION ARMY

615 SLATERS LANE, ALEXANDRIA, VA 22314

