



Trusting God

with all your heart

Start Here

We all demonstrate a measure of trust in someone or something every day of our lives. When we sit on a chair, we trust the chair will hold us. When we get into a vehicle, we trust the driver. When we eat a meal, we trust the cook. The list of daily activities that require trust is endless.

In this past week, what or who have you had to trust? Describe this situation.

Discuss

It is impossible to live without trust.

This is certainly true when it comes to the big issues of life. We all trust someone or something as we make the decisions that determine the course of our lives. So, the question is this: In whom or what are we ultimately trusting, especially when things are tough?

Here are a few people in whom we often trust:

- Family and friends
- Respected leaders
- Ourselves

Discuss

Here are a few things we regularly trust in:

- Wealth
- Intelligence
- Pleasure

1. What else can you think of that we trust in?
2. Which of these do you most often find yourself trusting, especially when you're under pressure?
3. Why are none of these completely trustworthy?

Main Idea

Trust in the Lord Journeys are full of twists and turns. Life doesn't turn out as expected. At times we are tempted to take matters into our own hands or change course.

The Bible says in Proverbs 3:5-6:

"Trust in the Lord with all your heart and lean not on your own understanding. In all your ways acknowledge him and he will make your paths straight." (NIV)

There is only one person who is always trustworthy – God alone. There are numerous reasons why, but let's consider three characteristics of God that give us confidence in him.

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1. God is completely good – there is no shadow in him, no selfish motivation, he only acts from a place of purity, justice, and love. We can trust him because he is completely good.
2. God is completely wise. Nothing surprises him, nothing puzzles him, he never wonders how he should respond. We can trust him because he is completely wise.
3. God is completely powerful. There is nothing stronger in the universe, he has total ability to do whatever he chooses, he has the power to follow through with every commitment he makes. We can trust him because he is completely powerful.

Only God will never fail us. He is good, wise, and powerful. He is fully worthy of our trust. He is the one who can guide us in the journey.

Explore the Word

Why is it important that God has all three of these characteristics?

Read the following verses and identify which aspect of God – his goodness, wisdom, or power - this verse assures us of:

- James 1:17
- Psalm 147:5
- Matthew 19:26
- Romans 8:31-39

Which verse stands out to you? Why?

What other characteristics about God help us to trust him?

Practice Together Now

Does your heart doubt either God's goodness, wisdom, or power? Confess your disbelief, choosing in faith to believe God is completely trustworthy.

Read Proverbs 3:5-6 again.

- What area are you in need of trusting God fully? Perhaps he has asked you to do something difficult or surprising. Perhaps you have a relationship causing you concern. Perhaps there is a financial situation that has you worried.
- How can you actively choose to trust God in that area this week?

In prayer together, choose to:

- Trust the Lord with all your heart
- Acknowledge him in all your ways
- Expect him to make your path straight

Here's a prayer you can use.

"Dear Father, I choose anew right now to trust you. You are a good, wise, and powerful God. I believe and therefore entrust all to you."

I bring my difficult situations to you. I am tempted to trust _____, but instead I choose to trust you. I ask that you pour out your goodness, wisdom, and power into that situation.

I believe you when you say you will direct me. No matter what the outcome, I thank you for your guidance, care and attention. Thank you for loving me in this and for being so trustworthy.



Review your Practice Daily

- If possible, speak to another believer and ask them what they have learned about trusting God.
- Reflect on a way God has been faithful to you recently. Thank him for being trustworthy.
- Where do you need guidance? What decision must you make in the coming weeks? Do you believe God cares about this decision?
 - This week, commit to trust and obey the Lord in this decision.
 - Take a few moments in silence to listen to the Holy Spirit.
 - Reflect on one of these verses:
 - Psalm 62:8
 - Isaiah 26:3-4
 - Romans 15:13
 - Phil 4:6