

# Trusting God

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## With Our Whole Heart

God wants us to trust in Him with all of our hearts. This means our relationship with Him is healthy and we can enjoy peace and joy from Him. We need to improve in the areas in which we don't trust in Him enough so that we will continue to grow.

## What Do We Put Our Trust In?

### Psalm 44:6 (NIV)

(6) I put no trust in my bow, my sword does not bring me victory;

### Psalm 118:8-9 (NIV)

(8) It is better to take refuge in the Lord than to trust in humans.

(9) It is better to take refuge in the Lord than to trust in princes.

### Psalm 135:15-18 (NIV)

(15) The idols of the nations are silver and gold, made by human hands.

(16) They have mouths, but cannot speak, eyes, but cannot see.

(17) They have ears, but cannot hear, nor is there breath in their mouths.

(18) Those who make them will be like them, and so will all who trust in them.

### Proverbs 11:28 (NIV)

(28) Those who trust in their riches will fall, but the righteous will thrive like a green leaf.

### Proverbs 28:26 (NIV)

(26) Those who trust in themselves are fools, but those who walk in wisdom are kept safe.

Others?

What happens when we put our trust in the wrong things?

## What Stops Us From Trusting God?

### Matthew 6:25-34 (NIV)

(25) "Therefore I tell you, do not worry about your life, what you will eat or drink; or about your body, what you will wear. Is not life more than food, and the body more than clothes?"

(26) Look at the birds of the air; they do not sow or reap or store away in barns, and yet your heavenly Father feeds them. Are you not much more valuable than they?"

(27) Can any one of you by worrying add a single hour to your life ?

(28) "And why do you worry about clothes? See how the flowers of the field grow. They do not labor or spin.

(29) Yet I tell you that not even Solomon in all his splendor was dressed like one of these.

(30) If that is how God clothes the grass of the field, which is here today and tomorrow is thrown into the fire, will he not much more clothe you— you of little faith?"

(31) So do not worry, saying, 'What shall we eat?' or 'What shall we drink?' or 'What shall we wear?'

(32) For the pagans run after all these things, and your heavenly Father knows that you need them.

(33) But seek first his kingdom and his righteousness, and all these things will be given to you as well.

(34) Therefore do not worry about tomorrow, for tomorrow will worry about itself. Each day has enough trouble of its own.

What things do we worry about?

### Matthew 8:23-26 (NIV)

(23) Then he got into the boat and his disciples followed him.

(24) Suddenly a furious storm came up on the lake, so that the waves swept over the boat. But Jesus was sleeping.

(25) The disciples went and woke him, saying, "Lord, save us! We're going to drown!"

(26) He replied, "You of little faith, why are you so afraid?" Then he got up and rebuked the winds and the waves, and it was completely calm.

Jesus rebuked His disciples for not trusting Him enough. What made them worry?  
What else makes it difficult for you to grow in trusting God?

## Why We Should Trust in God?

**Psalm 33:4, Hebrews 13:8**

**>Psalm 33:4 (NIV)**

(4) For the word of the Lord is right and true; he is faithful in all he does.

**Hebrews 13:8 (NIV)**

(8) Jesus Christ is the same yesterday and today and forever.

Why does God deserve our trust?

What will the results be, in our lives, if we continue to trust God?

**Psalm 84:12 (NIV)**

(12) Lord Almighty, blessed is the one who trusts in you.

**Proverbs 3:5-6 (NIV)**

(5) Trust in the Lord with all your heart and lean not on your own understanding;

(6) in all your ways submit to him, and he will make your paths straight.

**Hebrews 6:19 (NIV)**

(19) We have this hope as an anchor for the soul, firm and secure. It enters the inner sanctuary behind the curtain,

**Hebrews 10:35-36 (NIV)**

(35) So do not throw away your confidence; it will be richly rewarded.

(36) You need to persevere so that when you have done the will of God, you will receive what he has promised.

**1 Peter 1:8-9 (NIV)**

(8) Though you have not seen him, you love him; and even though you do not see him now, you believe in him and are filled with an inexpressible and glorious joy,

(9) for you are receiving the end result of your faith, the salvation of your souls.

## Ask a Friend

Can you share about how your trust in God has grown?

Do you have any other questions about trust?

## Application

In John 14:1, Jesus said, "Don't be troubled. You trust God, now trust in me." How can we stop our hearts from being troubled?

**John 14:1 (NIV)**

(1) "Do not let your hearts be troubled. You believe in God; believe also in me.

How can we increase our trust in God?

HOMEWORK: Trust Confessions

Meditate on these verses this week.

**Psalm 28:7, Proverbs 3:5-6, Romans 15:13.**

**Psalm 28:7 (NIV)**

(7) The Lord is my strength and my shield; my heart trusts in him, and he helps me. My heart leaps for joy, and with my song I praise him.

**Proverbs 3:5-6 (NIV)**

(5) Trust in the Lord with all your heart and lean not on your own understanding;

(6) in all your ways submit to him, and he will make your paths straight.

**Romans 15:13 (NIV)**

(13) May the God of hope fill you with all joy and peace as you trust in him, so that you may overflow with hope by the power of the Holy Spirit.

## Prayer Model

Dear God, I'm sorry that I put my trust in other things. Please show me how I need to change my heart. I thank You that I can trust in You with my whole heart.

# Key Verse

## Proverbs 3:5-6 (NIV)

“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.”

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