

# Exercise on Trust

As we discussed in the lesson, in what or whom do we place our trust when it comes to having our basic needs met?

Pick a basic need below and describe how you have, or still are, trying to meet that need.

Then, read the suggested verses, **or** your own favorite verses that may apply, to discuss how we benefit by trusting in God and not ourselves, someone else or something else.

## The need:

## Verses to consider:

☐ To be loved

Galatians 2:20; 1 John 4:7-12

☐ To belong

Romans 14:8; Galatians 6:10

☐ To have value

Psalms 139:13-16;  
Jeremiah 29:11

☐ To have purpose\*

Philippians 3:7-14;  
Ephesians 2:10; Romans 12:1-2

☐ To know the meaning of life

Genesis 1:26-28; Revelation 4:11

☐ To have physical needs met

Acts 14:17; Ephesians 3:20;  
1 Timothy 6:17

\* (See other side for an illustration on purpose)