

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:

To be loved

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

To belong

Romans 14:8; Galatians 6:10

To have value

Psalm 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

Verses to consider:

* (See other side for an illustration on purpose)