

TRUST

Introduction:

We generally hold onto things that we like or think that we need. How do we tell the difference between the things that we hold on to and the hold that things have on us?

God blesses us with many things. Like all humans (except Jesus), we have a tendency to rely on or place our trust in things that take a higher place in our lives than God Himself. This study concerns in what or in whom we place our trust for our basic needs and desires.

Let's break down some of our basic needs. Can you add more than what I have come up with?

- ☐ To be **loved** (by God, loved ones, friends, community)
- ☐ To **belong** and have fellowship (like a marriage, family, church, or community)
- ☐ To have **value** (to a person, family, community, church, or job)
- ☐ To have **purpose** (to a person in our lives, family, community, the world and to God)
- ☐ To know the **meaning** of life (where we came from, why I am here and where am I going)
- ☐ To have **physical needs** met (food, clothing, shelter, water, sleep, health care, recreation, etc.)

What is your story?

Some of us grow up without trusting that our basic needs will be met unless we take action ourselves. We may not have had a loving stable home built on God's design for a family. What happens when we go through a storm and trust God in it, or choose to not trust God and become damaged? Describe your story.

Where does trust for the things that we need and desire belong?

Let's go to God's Word for more information about His intent and design for us:

- 1) God promises us, as he did the Israelites, never to leave us or forsake us and not to be afraid or discouraged (Deuteronomy 31:8; Hebrews 13:5).
- 2) Trust in God when we are afraid (Psalm 56:3-4).
- 3) We are to trust in God and not in men (Psalm 118:8-9; Isaiah 2:22, Jeremiah 17:5-8).
- 4) By trusting God and not leaning on our own understanding, He will direct us (Proverbs 3:5-6).
- 5) We will "fall" if we trust in riches and wealth (Proverbs 11:28).
- 6) We are fools if we trust in OURSELVES (Proverbs 28:26).
- 7) We are promised peace when we place our trust in God (Isaiah 26:3-4).
- 8) He calms our troubled hearts and promises an eternal home when we trust in Him (John 14:1-3).
- 9) He is the source of hope, joy and peace when we trust in Him (Romans 15:13).

Some of God's promises (reasons to put our trust in Him):

- ▷ He loves us and gave His Son for eternal life with Him (John 3:16).
- ▷ Jesus lives in us for those who have given their lives to Him (Galatians 2:20).
- ▷ We are chosen before time began (Ephesians 1:4)
- ▷ We are adopted by God (Ephesians 1:5)
- ▷ We are forgiven for all of our sins no matter what we have done (Ephesians 1:7).
- ▷ He has a wonderful plan for our lives (Ephesians 1:11, 2:10; Jeremiah 29:11)
- ▷ We are sealed by His Holy Spirit guaranteeing our inheritance with Him (Ephesians 1:13-14).
- ▷ He comforts us in times of trouble (2 Corinthians 1:3-4).
- ▷ All things will work out for the good for those who love Him (Romans 8:28).
- ▷ We have rest in Jesus when we are weary and burdened (Matthew 11:28-29).
- ▷ He gives us a way to escape temptation (1 Corinthians 10:13).
- ▷ We have peace in times of anxiety and stress (Philippians 4:6-7)
- ▷ We are set free from the power that sin has over us (Romans 6:22-23).
- ▷ He gives us His power to work in us more than we can ask or imagine (Ephesians 3:20-21).

Questions to consider:

- 1) What are some areas of trust you are struggling with?
- 2) What does anxiety, worry and stress reveal about our trust level in God?
- 3) What way do you feel damaged and how might you go about a process of healing? If we don't heal, how might we hurt or damage those around us?
- 4) Our circumstances don't make us what we are but just reveal what we are! How we choose to respond to our circumstances is what shapes us day by day. How has this been demonstrated in your life?
- 5) How can your hurts while trusting in God lead to a powerful ministry for His purposes (Romans 8:28)?

Are you trusting in who you are, or Whose you are?