

Trusting God

The Challenges We Face Today

The challenge that many followers of Jesus face is the overwhelming influence of the things of this world and the cares, demands, and responsibilities of life.

- Uncertainty about how things will turn out often brings fear and worry into our lives, and we accept this as a normal part of living.
- We say we trust God and sing songs about how He is trustworthy, but we still find worry, doubt, fear, and stress in our lives.
- We sense that we do not really know God and therefore find it difficult to really trust Him with all that matters to us.
- Because we don't really trust God, we are not able to let Him truly be God in our lives and Lord over everything.

These spiritual challenges must be faced head on and dealt with by keeping our focus on the one most important thing to God—our relationship with Him.

Lesson Truth

If I am to continue following Jesus, I must develop some important characteristics in my relationship with Him. Learning to trust God is absolutely necessary if I am going to follow Jesus as His disciple.

It is difficult to obey someone you cannot trust, therefore we must learn how to trust in and rely on God as we follow Jesus in obedience.

Lesson Goal

The goal for this lesson is for you to learn to trust God moment by moment so that you will not hesitate to follow Jesus wherever He leads you.

Lesson Discussion

Learn to Trust God



Psalm 37:3-6 ESV “Trust in the LORD and do good; dwell in the land and befriend faithfulness. Delight yourself in the LORD, and He will give you the desires of your heart. Commit your way to the LORD; trust in him, and He will act. He will bring forth your righteousness as the light, and your justice as the noonday.”

As I continue to follow Jesus, I will soon realize that my relationship with Him must be based on total trust and total obedience. I do not get to this place all at once. Discipleship requires continuous training and discipline as I learn to simply trust and obey.

There is no magical formula for learning to trust God, but there are practical steps I can and must take to develop the kind of trust relationship with Jesus that will endure over time.

I have received His salvation and I have given up the right to myself to Him. Now I must learn to walk in the Spirit by forsaking sin and self, devoting my life to Jesus Christ and trusting God every step of the way.

I will not be obedient to someone I cannot trust, therefore I must learn to trust God in every event and situation in my life no matter what I think the outcome might be.



Romans 15:13 ESV “May the God of hope fill you with all joy and peace in believing, so that by the power of the Holy Spirit you may abound in hope.”

A Trust Relationship

Trust is important in any relationship. Trusting someone means I do not believe the other person in the relationship will intentionally harm me or do me wrong.

When I know I can trust the other person, I feel safe and secure in the relationship and I am free to share things about my life that I would not share with others.

When I know the other person is trustworthy, I am confident that he is looking out for my best interest. Strong, healthy relationships are built on trust.

When you add the ingredient of love into a relationship, the bond is strengthened. With love and trust, the individuals in the relationship will have genuine care for one another above their own selves.

If you do not know the Lord personally, you will have difficulty trusting Him. If you cannot trust Him, you will have difficulty obeying Him.



Psalm 143:8 ESV “Let me hear in the morning of your steadfast love, for in You I trust. Make me know the way I should go, for to You I lift up my soul.”

Whenever trust is lost in a relationship, it is replaced by mistrust. I can no longer trust that the other person will not do me harm or do me wrong.

When trust is gone, I no longer feel safe and secure; the relationship unravels and leaves one or both parties emotionally damaged and alone.

God Is Trustworthy

Trust is the essential ingredient in our relationship with God. Jesus went to a cross on our behalf so our sins could be forgiven and we could come back to a loving and trusting relationship with God.

This trust relationship with God is two-way. God is faithful and trustworthy toward us at all times. This means that He will never, ever, do anything except what is for our best. Our part is to believe Him and trust Him with all our heart, no matter what the circumstances, situation, or outcome might be.

Is God really trustworthy? Do we really trust God? If we are not able to trust Him, our relationship with Him breaks down on our end, never His end.

Since God, by His very nature is trustworthy, there is never any chance that God will do us wrong. He always wants the best for us and He is always working on our behalf to help us experience His best.

Yet by observing the daily lives of typical believers and seeing the fear, worry and doubt in their lives, you would think that God cannot be trusted.

How can our lives be a witness and testimony to others of a loving and faithful God when our own behavior indicates that we will not or can not trust God?

Being Honest With God

Relationships are built on honesty. When we are honest with one another, trust is built. If we were to really get honest with God, we would have to admit that we really do not trust Him.

When you follow Jesus by giving up the right to yourself to Him, is He capable of taking care of you no matter what happens? If the answer is yes, you have absolutely no grounds for worry, fear, or doubt. No grounds at all.



Psalm 56:3-4 ESV “When I am afraid, I put my trust in You. In God, whose word I praise, in God I trust; I shall not be afraid. What can flesh do to me?”

The problem is we do not really believe that God will take care of us in each and every situation. We get worried, fearful, doubtful, or stressed almost every day.

Intellectually we agree that God is trustworthy, and we even sing hymns that affirm His faithfulness to us. But as soon as things are not

going the way we want or think they should go, we begin to worry. We really do.

The solution then is to learn how to trust God so that what we say we believe about God is seen in our outward life.

When you get honest with God about your failure to trust Him, then you will be ready to confess your sin of unbelief. Only then can you step out to begin trusting Him all the time. He deserves to be trusted.

As you learn to trust God more and more, you will find that your peace and joy will increase and you will find a wonderful freedom from fear, worry, and doubt.

How Much Trust Is Required?



Proverbs 3:5-6 ESV “Trust in the LORD with all your heart, and do not lean on your own understanding. In all your ways acknowledge Him, and He will make straight your paths.”

How much trust are we to have in God? The Bible tells us to “trust in the Lord with all your heart.” This means total and complete trust in Him *all* the time.

We are capable of trusting God to such a degree because that is how He created us. God would not command us to do something He knows we are incapable of. The question then is how do we trust in the Lord with all our heart?

The goal of this lesson is for you to begin trusting God with all your heart in each and every situation that comes your way so that you do not become discouraged as you follow Him.

We will not follow Jesus Christ if we do not trust Him. We may follow Him for a time, but if we do not really trust Him, it will not be long before we turn back. So we must take time to examine and concentrate on the dynamics of trust.

Trust Defined

The dictionary defines trust as “firm reliance on the integrity, ability, or character of a person or thing.” The word “firm” means constant and steadfast.

So then, trusting God is simply a constant and steadfast reliance on His integrity, ability, and character.



Psalm 33:21-22 ESV “For our heart is glad in Him, because we trust in His holy name. Let your steadfast love, O LORD, be upon us, even as we hope in You.”

God is absolutely trustworthy, which means we can rely totally and completely on Him for everything. We do not have to worry about a single thing because He provides everything we need to do His will.

When we are following Jesus and are walking in obedience to His will for our lives, we will find everything happens for our good.

Trusting God means constant and steadfast reliance on what God says, no matter what the situation is at the moment. If God says all things work to our good, then it is impossible for it to be otherwise.

If we have failed God in some way through disobedience, He is also faithful and trustworthy to forgive our sins as we confess and repent of our sins.

Child-Like Trust

Whether we do right or wrong, good or bad, we can trust God to bring both blessings and discipline into our lives for our good.

God’s nature is love and His Word is infallible. He will never do anything that is contrary to either.

Trusting God is a very simple concept. We can easily see it demonstrated by looking at a small

child. Children by nature are very carefree and trusting. They do not have to be taught to trust; it is simply in their nature.

Somewhere along the way we lose the child-like trusting nature when we become adults. Somehow self-reliance creeps in and our simple child-life faith begins to evaporate.



Mark 10:15 ESV “Truly, I say to you, whoever does not receive the kingdom of God like a child shall not enter it.”

Jesus said that unless you receive the kingdom of God like a child, you will never enter in. Apart from a child-like trust in God, you cannot experience a wholesome relationship with God and receive the blessings of His kingdom.

You will never be able to follow Jesus and live a life pleasing to God apart from complete child-like trust in Him.

Giving Self Reliance the Boot

If trusting God is such an important element in the Christian life, why do so many believers act as if God is not trustworthy? Fear, doubt, worry, and stress are common characteristics of the average believer’s life today.

The only way to learn to trust God is to revert back to a child-like faith in Him. This means we must give self-reliance the boot and become totally God-reliant.

How do we do that? We do it by giving up the right to ourselves now and forever to Jesus. Then we can learn to trust Him all the time.

We must deny ourselves in favor of Jesus. Our attitude must become “for me to live is Christ.” When you have truly given up the right to yourself to Jesus, self-reliance disappears and child-like trust is restored. You can once again enjoy a carefree, simple, trusting life.



Psalm 9:10 ESV “And those who know Your name put their trust in You, for You, O LORD, have not forsaken those who seek You.”

As you look at your own life right now, you may be thinking, *No way can I get back to such a state.* You may believe you have too many responsibilities, too many complications in your life, too many interests, and too many problems.

Right now you may believe there is no way for your life to revert back to a simple, carefree, child-like trusting state. I am here to say “yes way.” Not only can you, but the Bible says you must.

We Are a New Creation

The real problem with trusting God is not that you cannot trust God, but will you? Through Jesus’ death on the cross, He has provided a way for you to come back to God as a little child by being born-again.

When we are born-again, we become something that we were not before and we receive something that we did not have before.

When we are born-again, we receive God’s divine nature through the Holy Spirit, which can make us into what God says we must be. It is through spiritual regeneration by the Holy Spirit that we are recreated supernaturally and can have a child-like trust once again.

When we are born-again, we become a “new creation” in Christ because we now have the divine nature of God in us. As we submit to His life in us, we find we can easily trust God.



2 Corinthians 5:17 ESV “Therefore, if anyone is in Christ, he is a new creation. The old has passed away; behold, the new has come.”

As a “new creation,” we are now different beings who possess the capability to be what we could not be before.

Making Trust a Priority

The way to develop a child-like trust in God is to make it a priority in your life. You must put your life entirely in His hands by giving up the right to yourself daily to Jesus, and then trust Him for the outcome.

It does not matter what the outcome might look like or how terrible you think things are going to end up, you must trust Him anyway.

When doubt, fear, or worry comes on the scene of your life, you must stop and reaffirm your trust in God immediately. Do not let them gain a foothold. Over time, your trust in God will grow tremendously and you will find great faith when the storms of life hit.

Trusting God is simply breaking the chains of self-reliance and apprehending a life of God-reliance. That is part of the “new creation” you have become.

Trust and obedience are closely tied together. The more you trust, the more you can obey.

The more you obey, the more God will reveal of Himself to you, allowing you to trust Him even more.



One Step for Living This Truth

The foundation of the *One Step* series that you have been reading is to be able to live God’s truth, one truth at a time, one step at a time.

Next we will suggest the specific action step you can take to allow the truth taught in this lesson to be lived in your own personal life.

You only have to do this step to master this lesson. Your focus and effort should be to make sure you consistently and persistently do the step as directed below.

You must learn to trust God. This lesson suggests the step that you can take to begin living this truth.

ACTION STEP

Read this action step every day and then spend at least 30 minutes concentrating on God’s faithfulness to you over the years.

Willingly give up the right to yourself to Him in complete surrender and submission every day.

During this time with God, push out any thoughts except those that encourage you to trust in God. Stay in your time with God until you have the peace of God. This is how you must start each and every day.

Think on the fact that God is absolutely trustworthy, faithful, and sovereign over everything in your life. He loves you dearly and will do nothing that will not work for your good.

As God engineers your daily events, circumstances, and situations, receive it all as from Him with thanksgiving, knowing in your heart that He is completely in control of each and every outcome, good, bad or indifferent.

When thoughts of fear, doubt, worry, or stress press in, choose adamantly

to trust Him, no matter how you think the situation, circumstance or event might turn out.

From God's perspective, it will turn out exactly as He chooses, and you must be ok with that. He has every right to be God and choose as He wants. Let Him be God since He can do that much better than you can.

You must choose to trust Him constantly and continuously until it becomes an unconscious habit in your life. Then you will begin to experience more joy and peace and less fear, doubt, worry and stress.

Acknowledge Him and thank Him in all situations, whether or not you understand what He is doing in your life. Give thanks in all things.

You will have completed this lesson when you are living this truth to the point that you notice more peace and joy in your day and you are seeing a substantial reduction in the frequency and level of worry, fear, doubt and stress in your normal day.

Continue to read a chapter in the Gospels each day. Write down thoughts or Scriptures that relate to trusting God.

As you continue to practice living this truth, you may need to come back to this lesson often. Don't be in a rush to start the next lesson.

Even if it takes several weeks to get this truth integrated into your life, keep it as your primary focus until you feel you are living it.

Remember, the most common problem with Christians today is that they know many truths about the Christian life, but are not able to live

them. Make sure you are solidly living this truth before attempting to tackle the next truth.

Bumper Sticker Summary

Learning to trust God is critical to having God's peace and for overcoming fear, worry, doubt and stress. Every day you will have opportunities to trust God. In every situation in life you can trust Him and you must trust Him.

Illustration for Living This Truth

Martin had been a Christian for over 10 years. He was faithful in church attendance and participated actively in many church activities. He helped put out and put away chairs for the church activities. He also enjoyed helping during vacation bible study.

Martin struggled with worry and doubt regularly. He was often worried that he might lose his job and struggled financially to make ends meet. He was 69 and his health was not good as he struggled with various health issues and worried that he might not be able to keep working.

He was able to hide his worry pretty well and most people he knew would not have guessed that worry was a problem for Martin, but it was a big problem for him because he seldom and peace a joy. Worry robbed him of a better life and he figured that everyone worried and it was just a normal part of life.

One day Martin was having a discussion with Larry who was his friend of several years. Larry had recently worked with another Christian who taught him that worry was a choice. When the discussion came around to worry, Martin stated he did not believe it was possible not to worry.

Larry shared some scriptures with Martin that challenged Martin to examine his beliefs about worry. The scriptures command believers not to worry. They simply said: do not worry. Larry said that it is possible not to worry because God would not tell us to do something that was impossible for us to do.

Martin had a really hard time accepting that truth. Larry said it boil down to this: worry is a choice because if it was not possible to choose not to worry, we could not obey God. On the one hand Martin was encouraged because he would love to be free from worry. On the other hand, if it truly is a choice, that he alone is the one responsible for his worry.

Larry persuaded Martin to join him weekly to study the scriptures to find out how we can choose not to worry. Larry had discovered that the main reason we worry is because we don't trust God and the reason we don't trust God is we don't really know Him and we don't really believe His word.

This was the turning point for Martin. As he began to spend time getting to know God personally, He began to trust him more. As he began to trust God more, He found that he was able more and more to let go of worry and began to choose not to worry.



Scripture On Trust

Matthew 6:25-33 ESV “Therefore I tell you, do not be anxious about your life, what you will eat or what you will drink, nor about your body, what you will put on. Is not life more than food, and the body more than clothing? Look at the birds of the air: they neither sow nor reap nor gather into barns, and yet your heavenly Father feeds them. Are you not of more value than they? And which of you by being anxious can add a single hour to his span of life? And why are you anxious about clothing? Consider the lilies of the field, how they grow: they neither toil nor spin, yet I tell you, even Solomon in all his glory was not arrayed like one of these. But if God so clothes the grass of the field, which today is alive and tomorrow is thrown into the oven, will he not much more clothe you, O you of little faith? Therefore do not be anxious, saying, ‘What shall we eat?’ or ‘What shall we drink?’ or ‘What shall we wear?’ For the Gentiles seek after all these things, and your heavenly Father knows that you need them

all. But seek first the kingdom of God and his righteousness, and all these things will be added to you”

1Peter 5:6-9 ESV “Humble yourselves, therefore, under the mighty hand of God so that at the proper time he may exalt you, casting all your anxieties on him, because he cares for you. Be sober-minded; be watchful. Your adversary the devil prowls around like a roaring lion, seeking someone to devour. Resist him, firm in your faith, knowing that the same kinds of suffering are being experienced by your brotherhood throughout the world.

Psalm 94:19 ESV “When the cares of my heart are many, your consolations cheer my soul.”

John 14:1 ESV “Let not your hearts be troubled. Believe in God;^[a] believe also in me.”