

A stylized illustration of a rainy landscape. The sky is a deep blue with numerous white rain streaks falling diagonally. In the foreground, there is a bright blue body of water with a small, light blue puddle. A large, dark green bush or tree stands in the middle ground, with a path of small, light blue stones leading towards it. Several brown rocks are scattered on the path. The overall mood is serene and contemplative.

# 7-Days To Trusting God More

*A Guided Devotional to Strengthen Your Faith*

Jacqueline Gordon Cain

## **7 Days to Trusting God More**

### **A Guided Devotional to Strengthen Your Faith**

The burden of certain hardships can feel overwhelming, and the urge to turn away from God may be tempting. I deeply understand this feeling; back in 2013, I was diagnosed with breast cancer while simultaneously grieving the loss of my 23-year-old daughter. I felt engulfed by sorrow and anger, questioning why God would permit such suffering in my life. Yet, in those bleakest moments, I came to realize that running from God would only leave me adrift in a void of despair. I needed to place my trust in Him more than ever, even when it seemed insurmountable.

I took small steps, whispering prayers through my tears and seeking comfort in scripture. Gradually, I learned to rely on God for strength, solace, and peace. God reminded me that faith isn't about comprehending every twist and turn of life but about trusting in God's unwavering love amidst the turmoil.

As the days turned into months, and 5 surgeries later, I experienced a profound transformation. Trusting God evolved from a challenge into a source of comfort.

I discovered a renewed sense of purpose in honoring my daughter's memory and sharing my journey with others facing comparable challenges.

Although the scars from that year still linger, they symbolize the strength and faith I unearthed within myself. Throughout it all, I learned that God's presence is steadfast, a constant light illuminating my path through the darkest times.

Love

*Jacqueline*

# **7 Days to Trusting God More**

## **A Guided Devotional to Strengthen Your Faith**

### **Introduction**

Trusting God completely isn't always easy, especially in difficult times. This 7-day devotional is designed to help you deepen your faith, release worry, and lean on God's promises. Each day includes a scripture, a short reflection, a prayer, and an action step to apply what you've learned. Let's embark on this journey together!

### **Day 1: Letting Go of Fear**

Scripture: "Do not fear, for I am with you; do not be dismayed, for I am your God. I will strengthen you and help you." - Isaiah 41:10

Reflection: Fear often stands in the way of trust. We hold onto our worries, thinking we must figure everything out. But God asks us to release our fears and trust that He is in control.

Prayer: Lord, I surrender my fears to You. Help me to trust that You are with me, strengthening and guiding me. Amen.

Action Step: Write down one fear that you need to give to God today and pray over it.

### **Day 2: Trusting God's Timing**

Scripture: "For I know the plans I have for you, declares the Lord, plans to prosper you and not to harm you, plans to give you hope and a future." - Jeremiah 29:11

Reflection: Sometimes, we feel like God is taking too long to answer our prayers. But His timing is always perfect. He sees the full picture when we only see a piece of the puzzle.

**Prayer: Lord, teach me patience. Help me to trust that Your timing is perfect and that Your plans for me are good. Amen.**

**Action Step:** Reflect on a time when God's timing worked out better than your own. Write it down as a reminder.

### **Day 3: Releasing Control**

**Scripture:** "Trust in the Lord with all your heart and lean not on your own understanding." - Proverbs 3:5

**Reflection:** We like to be in control, but true faith means surrendering our plans to God. Trusting Him means believing that His ways are higher than ours.

**Prayer: Father, help me to release my need for control and trust fully in Your plan. Amen.**

**Action Step:** Identify one area where you struggle to let go. Pray and ask God to take control.

### **Day 4: God's Faithfulness**

**Scripture:** "The Lord is trustworthy in all He promises and faithful in all He does." - Psalm 145:13

**Reflection:** God has never failed you before, and He won't start now. Remembering His faithfulness builds trust for the future.

**Prayer: Lord, remind me of Your faithfulness when doubt creeps in. Help me to stand firm in my trust in You. Amen.**

**Action Step:** Write down three ways God has been faithful in your life.

**Bonus:** Consider journaling your faith journey to see how God moves in your life!



## **Day 5: Finding Peace in Uncertainty**

Scripture: "You will keep in perfect peace those whose minds are steadfast, because they trust in You." - Isaiah 26:3

Reflection: Uncertainty can cause anxiety, but trusting God brings peace. Even when we don't understand, we can rest in knowing that God is in control.

Prayer: Lord, fill my heart with Your peace. Help me to trust You even when I don't see the way ahead. Amen.

Action Step: Meditate on today's scripture and take five deep breaths, releasing your worries to God.

## **Day 6: Walking by Faith, Not Sight**

Scripture: "For we walk by faith, not by sight." - 2 Corinthians 5:7

Reflection: Faith requires stepping out even when we don't see the full picture. Trusting God means believing in His promises even before we see them fulfilled.

Prayer: Father, give me the courage to walk by faith. Help me to trust in what I cannot see. Amen.

Action Step: Take a step of faith today—whether it's making a bold decision or simply choosing to trust God in a situation that worries you.

## **Day 7: A Heart of Surrender**

Scripture: "Commit your way to the Lord; trust in Him, and He will act." - Psalm 37:5

Reflection: Trusting God is a daily decision. As we surrender our hearts, He works in ways beyond what we can imagine.

**Prayer: Lord, I commit my life to You. I choose to trust You today and always. Amen.**

Action Step: Write a personal prayer of surrender, committing your future to God.

### **Conclusion**

Trusting God is a lifelong journey. As you continue to seek Him, remember His faithfulness and trust in His perfect plan. Whenever doubt arises, return to His promises and lean into His love.

Bonus: Consider journaling your faith journey to see how God moves in your life!

*Document  
Your  
Newfound  
Trust In God*

Creating a document that captures your newfound hope in trusting God can be both a personal and transformative experience.

## **Title: My Journey to Renewed Faith and Trust in God**

### **Introduction:**

Begin with a brief overview of your previous spiritual state, highlighting any struggles or doubts you faced. This will provide context for your transformation.

### **Discovery of Hope:**

Describe the moment or series of events that led to your renewed hope. Was it a particular experience, a conversation, or a spiritual insight that sparked this change? Be specific about what inspired you.

### **Personal Reflections:**

Share your feelings and thoughts during this transition. How has trusting God impacted your outlook on life and your daily routine? Reflect on any new perspectives or values you have adopted.

### **Practical Steps:**

Detail any practices or habits you've embraced to maintain and strengthen your trust in God. This could include prayer, meditation, reading scripture, or participating in a faith community.

### **Lessons Learned:**

Highlight the key lessons you've learned from this journey. How has your relationship with God changed? What advice would you offer to others seeking a similar path?

### **Conclusion:**

Conclude with a hopeful message about the future. Express your gratitude for this renewed faith and articulate your intentions for continuing to grow spiritually.

### **Personal Affirmation:**

End with a personal affirmation or prayer that encapsulates your commitment to trusting God.

This format should help you document your spiritual journey in a meaningful and organized way.

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