



LOVE GOD

TRUST GOD

We have to ask ourselves four questions about trusting God:

What is trust?

What competes with our trust in God?

What does trust empower us to do?

What inhibits our trust?

The exercise that follows is designed to walk through these questions with you in a way that personalizes them to your own experience. You're encouraged to thoughtfully and prayerfully consider the questions. Some of the questions will be more important for you than others.

Dive deep into these questions and listen for what God's Spirit wants to teach or reveal to you.

What is Trust?

In the reading, we identified two aspects of trust: the object of our trust, and the promise that object makes.

Chair

The object of our trust: a chair

The promise: safety and comfort

Car

The object of our trust: a car

The promise: reliable transportation

We then asked, what is it we are trusting God for. Based on John 10:10, we said we are trusting God for life.

“I have come that they may have life, and have it to the full.”

John 10:10

God

The object of our trust: God

The promise: Life

Based on this, consider the following three questions about whether or not we are authentically looking to God for *life*.

- When you consider an all-out pursuit of God, do you believe this pursuit would give you life or limit your life? Will God bring you into a life you will want or will you be missing out? Why?
- How have you seen God produce *life* in you?
- Where are you not experiencing *life* by not trusting God?



What competes with our trust in God?

In the reading, we acknowledged that if *life* is the promise, we may look to other things to give us life other than God. By doing so, we run the risk of giving these other things god-like status in our lives. Scripture refers to this as idolatry.

This is not to say that God doesn't bring many wonderful gifts into our lives, and these gifts may be very wanted. Do we treat these gifts as a *need*, or do we treat them as a *NEED*? Consider the following three questions to unearth God's prospective competition for your trust.

- What are your initial thoughts? What do you look to, or what could your heart be drawn to, as your definition of life? "If I only had _____, then I would have life."

- How do you, or how could you, entrust these things to God rather than trust in them? How could you hold them more open handedly?

- Consider areas of your life where you commonly struggle to obey God. What are you believing or not believing that is causing you to not trust God in this area of your life?



What inhibits our trust?

In the reading, we identified the challenge of projecting onto God wounds from other relationships where trust has been compromised. Use the following four questions to identify areas where your trust in God might be inhibited.

- What current or past relationships have created wounds that may inhibit your trust in God?
- How have you addressed these wounds? Do they remain hidden, or have you processed them with God or trusted friends?
- What do you know to be true about God that differentiates Him from these past or current relationships? Consider approaching this question prayerfully. Ask God, *How are you different?*
- What passages of Scripture do you know that display God's true character that differentiates Him from these past or current relationships? If no passages come to mind, you're encouraged to bring this question to a trusted friend who knows Scripture who may be able to help you find passages or thoughts from Scripture that would help you see God for who he truly is.



Summary Thoughts

What has been most important for you from this exercise?

What do you need to process with others?

Either audibly or in written form below, talk to God about what you have addressed in this exercise. Thank him for what he is revealing and ask for guidance toward what's next.

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