

# Study Guide: Who Do You Trust?

## Introduction: Why Trust Matters

Life presents us with many choices, including where we place our trust. We are tempted to rely on people, possessions, or our own understanding, but Scripture continually calls us to trust in God alone. Trust is the foundation of a relationship, and when it comes to God, trusting Him means believing in His faithfulness, goodness, and promises.

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### 1. Why Trust God?

#### God is Faithful and Unchanging

The Bible teaches that God is faithful to His promises. He does not change or fail, making Him a sure foundation on which we can place our trust.

- **Numbers 23:19 (NKJV):** “God is not a man, that He should lie, nor a son of man, that He should repent. Has He said, and will He not do? Or has He spoken, and will He not make it good?”
- **Hebrews 13:8 (NKJV):** “Jesus Christ is the same yesterday, today, and forever.”

God's reliability gives us confidence in His ability to fulfill His promises, even when we cannot see the outcome. We can trust His consistency and integrity.

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### 2. Trusting in God vs. Trusting in the World

#### Do Not Trust in Riches or Power

One of the temptations we face is putting our trust in wealth, power, or human ability. But these things are fleeting and unstable. The Bible warns us not to trust in material things, but in God, who is the provider of all we need.

- **Proverbs 11:28 (NKJV):** “He who trusts in his riches will fall, but the righteous will flourish like foliage.”

- **Psalm 20:7 (NKJV):** “Some trust in chariots, and some in horses; but we will remember the name of the Lord our God.”

No matter how much we may acquire in this world, nothing compares to the security we find in God's provision. Wealth and power can disappear, but God remains constant.

### **Do Not Rely on Your Own Understanding**

Human wisdom and reasoning can lead us astray, especially in moments of uncertainty or pressure. Scripture encourages us to trust God's wisdom above our own.

- **Proverbs 3:5-6 (NKJV):** “Trust in the Lord with all your heart, and lean not on your own understanding; in all your ways acknowledge Him, and He shall direct your paths.”

While it's natural to rely on what we can see and understand, trusting God means surrendering our limited perspective and trusting that His ways are higher.

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## **3. How to Trust God Fully**

### **Trust in God's Protection**

God is not only trustworthy, but He is also our protector and refuge. In times of trouble, we are encouraged to trust in Him for safety and deliverance.

- **Psalm 46:1 (NKJV):** “God is our refuge and strength, a very present help in trouble.”
- **Psalm 91:2 (NKJV):** “I will say of the Lord, ‘He is my refuge and my fortress; My God, in Him I will trust.’”

Even in the midst of difficulties or dangers, we can find peace in knowing that God is our stronghold.

### **Wait Patiently for God's Timing**

Trusting God also means trusting His timing. We may not always understand why He delays, but His timing is perfect.

- **Psalm 27:14 (NKJV):** “Wait on the Lord; be of good courage, and He shall strengthen your heart; Wait, I say, on the Lord!”
- **Isaiah 40:31 (NKJV):** “But those who wait on the Lord shall renew their strength; they shall mount up with wings like eagles, they shall run and not be weary, they shall walk and not faint.”

Trusting God involves waiting patiently and knowing that His plans will unfold in due time, for His glory and our good.

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## 4. What Happens When We Trust God?

### We Experience Peace

When we fully trust in God, we experience peace that goes beyond understanding. Instead of being overwhelmed by worry, we can rest in God's care.

- **Philippians 4:6-7 (NKJV):** “Be anxious for nothing, but in everything by prayer and supplication, with thanksgiving, let your requests be made known to God; and the peace of God, which surpasses all understanding, will guard your hearts and minds through Christ Jesus.”

Peace is one of the blessings of trusting in God, allowing us to navigate life's challenges with a calm heart.

### We Are Blessed

Scripture teaches that there are tangible blessings that come from trusting God. Those who trust in Him are compared to trees that bear fruit, even in drought, because they are rooted in the source of life.

- **Jeremiah 17:7-8 (NKJV):** “Blessed is the man who trusts in the Lord, and whose hope is the Lord. For he shall be like a tree planted by the waters, which spreads out its roots by the river, and will not fear when heat comes; but its leaf will be green, and will not be anxious in the year of drought, nor will cease from yielding fruit.”

When we trust God, we position ourselves to receive His blessings, which sustain us in all circumstances.

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## 5. Practical Steps to Trust God More

### Seek Him Daily in Prayer

Trusting God begins with daily communication through prayer, bringing your concerns and worries to Him.

- **Matthew 7:7 (NKJV):** “Ask, and it will be given to you; seek, and you will find; knock, and it will be opened to you.”
- **1 Peter 5:6-7 (NKJV)** Therefore humble yourselves under the mighty hand of God, that He may exalt you in due time, <sup>7</sup> casting all your care upon Him, for He cares for you.

### Read and Meditate on God's Promises

To build your trust in God, meditate on His promises found in Scripture. The more you know His Word, the more your faith will grow.

- **Romans 10:17 (NKJV):** “So then faith comes by hearing, and hearing by the word of God.”

### Surrender Your Plans to God

It can be hard to let go of control, but trust requires surrendering your plans and allowing God to lead. Pray for His will to be done in your life.

- **James 4:13-15 (NLT):** “Look here, you who say, “Today or tomorrow we are going to a certain town and will stay there a year. We will do business there and make a profit.” <sup>14</sup> How do you know what your life will be like tomorrow? Your life is like the morning fog—it’s here a little while, then it’s gone. <sup>15</sup> What you ought to say is, “If the Lord wants us to, we will live and do this or that.””

## Reflection Questions

1. What areas of your life are you struggling to trust God with? Why is it difficult to let go of control?
  2. How can you rely more on God's wisdom rather than your own understanding in your current situation?
  3. What practical steps can you take this week to deepen your trust in God?
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## Closing Prayer

"Lord, I come before You today, acknowledging that there are areas in my life where I struggle to trust You fully. Help me to surrender my fears, my plans, and my understanding to You. Teach me to rely on Your faithfulness and goodness. As I wait on You, grant me peace and assurance that You are always in control. In Jesus' name, Amen."

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Trusting God is not just a one-time decision but a daily practice of surrendering our lives into His capable hands. As we continue to grow in our faith, we will experience the peace, protection, and blessings that come from trusting in Him alone.