

## What Does It Mean To Trust?



**Let not your heart  
be troubled . . .**

**You believe in God . . .**

**Believe also in Me.**

**—Jesus (*John 14:1*)**

What has you troubled today? Does fear have a grip around your heart which causes you to feel anxious and stressed? Are you hiding behind a fake serenity, trying to deny the nagging concern that keeps rising to the surface, threatening to pop up and shatter your easygoing, carefree image?

If the greatest psychiatrist in the world spent a few months analyzing your heart and soul, what would he find? Jesus knows you! He is not only the designer and creator of your body, but He can read your mind and innermost thoughts and fears. As He told his disciples so long ago (John 14), **“Don’t be troubled. Trust me!”**

Trusting is not easy . . . especially when someone has betrayed your trust. You tend to put up walls to protect yourself from ever being hurt again. You become self-sufficient and isolated to guard against the pain of rejection or neglect from someone you love.

Trusting God may seem risky because it is easier to trust more in your own resources which you *can* see than in Jesus whom you *cannot* see. When you eventually come to the end of your own strength and have to rely on God for help, trust becomes a necessity, not an option.

What level of trust in God do you have?

**Vague belief in a “higher power”?** You believe there is a God out there who is responsible for creating life, but He is more of a passing thought in your head rather than a real presence in your heart. You believe every person’s “God” is the same, regardless of their religious beliefs, as long as they are sincere.

**Belief in one, true God** (who was Jesus Christ—God incarnated in flesh; Messiah; Savior.) You may have responded to an altar call at church where you prayed to receive Jesus as Savior, or you may have made a commitment alone. You believe you will go to heaven when you die, but you keep your personal life separate from your spiritual experiences. You like to run your life *your* way, but you want God to be there to fix things when you’re in a major crisis.

**Relationship with Jesus Christ.** You have developed an intimate relationship with Jesus Christ that goes beyond a one-time experience to a daily walk of faith and trust. You may not understand why God doesn't always intervene when life gets difficult, but you trust in His wisdom to know what is best. Through experiencing pain and loss, you have found Jesus to be your most precious treasure. **You desire His presence more than His blessings!**

Trusting in God means more than making a decision in your mind. It means developing a trust so secure that it cannot be shaken by circumstances or tragic events.

When Jesus said, "Let not your heart be troubled," He didn't mean for us to expect everything to go right. He meant for us to trust Him regardless of the outcome.

When your son or daughter goes to war, you may have anxiety for a while until you realize they are just as safe in God's hands dodging bullets from the enemy as they are sipping lemonade in your kitchen. Your trust should not be in a safe location, but in the hands of a loving Father who can be trusted to do what is good and best.

The problem comes when our view of what is good and best is not the same as God's. It is hard to trust when we cannot see beyond our own desires. When we pray for physical healing and God allows a loved one to die, our hearts are troubled and perplexed. It's not easy to see God's perspective in death when we are grieving and can't comprehend the reality of eternal life.

How do you know if you really trust God in every aspect of your life, or if you are simply trusting Him for things you cannot provide for yourself? Sometimes the true test is your reaction when you lose things of greatest importance.

What is your most valuable possession?

Financial portfolio	House and property
Health	Brilliant mind
Fit body	Career
Who is the most valuable person in your life?	Spouse
Significant friend	Child
Parent	

If you lost everything that keeps you stable and content, would you still be able to trust God? Would you praise Him for being good in the midst of a tragedy, or would you shake your fist at heaven, demanding a reason for your undeserved suffering?

When you are in the depths of woundedness, do you turn first to God or to temporary comforts like food, drugs/alcohol, or other people? The world's temporary solution to pain is costly and leads to disillusionment and despair.

Jesus has a special gift for those who trust Him completely—peace of mind and heart (John 14:27). This gift is free, always available, and leads to growth and deeper faith.

Why do you reach first for the world's peace instead of God's?

How would your life be different if you trusted God more?

*God is my salvation.  
I will trust and not be afraid.  
For the Lord Jehovah is my strength  
And my song.*

Isaiah 12:2

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