

Trusting When Troubled

GETTING HEALTHY P2

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Trust:

- To allow someone to do something without fearing the outcome.

“The Lord has his way in the whirlwind and in the storm, and the clouds are the dust of his feet.” Nahum 1:3 (NKJV)

“In God I trust, I will not be afraid.” Psalm 56:11 (NIV)

- To run into a shelter or hiding place; to seek refuge.

“He who dwells in the shelter of the Most High will rest in the shadow of the Almighty. I will say of the Lord, ‘He is my refuge and my fortress, my God, in whom I trust.’” Psalm 91:1-2 (NIV)

“In you my soul takes refuge. I will take refuge in the shadow of your wings until the disaster has passed.” Psalm 57:1 (NIV)

- To lean the weight of your soul on the faithfulness, reliability, integrity or friendship of another person.

“Trust in the Lord with all your heart and lean not on your own understanding.” Proverbs 3:5 (NIV)

- To take someone at his word.

Get a New Perspective

“We do not lose heart. Though outwardly we are wasting away, yet inwardly we are being renewed day by day. For our light and momentary troubles are achieving for us an eternal glory that far outweighs them all. So we fix our eyes not on what is seen, but on what is unseen. For what is seen is temporary, but what is unseen is eternal.” 2 Corinthians 4:16-18 (NIV)

“I pray that the eyes of your heart may be enlightened in order that you may know the hope to which he has called you...” Ephesians 1:18 (NIV)

*“We are hard pressed on every side, but not crushed;
perplexed, but not in despair;
persecuted, but not abandoned;
struck down, but not destroyed.”
2 Corinthians 4:8-9 (NIV)*

“We live by faith, not by sight.” 2 Corinthians 5:7 (NIV)

In the Meantime . . .

Feed on the Word of God _____ it is the water, milk, bread, and meat of the spiritual life. Feed yourself daily.

Pray for the rain _____ of the Holy Spirit to soften the ground in your heart and quench your thirsty soul.

Pull the weeds _____ get rid of anything that entangles you and trips you up, or chokes the life of Christ in you (worries, unforgiveness, bitterness, envy, etc.)

Guard against bugs —those things that steal your joy, rob your energy, or deplete your resources (habits and behaviors, poor choices, unhealthy relationships, etc.)

Prepare for a harvest

“Let us not become weary in doing good, for at the proper time we will reap a harvest if we do not give up.” Galatians 6:9 (NIV)