

“The Trust Zone”

Pastor Ron Salsbury

INTRODUCTION

All of us, at some point in our lives, will face difficult situations. At those times we have to choose what we will place our trust in. It can be hard to fight the temptation to trust in something other than God. You may be faced with discouragement, fear and doubt. But God allows us to be in that place of trusting Him for His good purposes; to grow and refine our faith. In this study we consider what the Bible tells us about living in “The Trust Zone.”

Ice Breaker (Optional—8 min)

Did you ever participate in “trust” exercises? (being led blindfolded or falling backwards into someone’s arms) How did you it make you feel?

STUDY QUESTIONS (45 MIN)

Acknowledge the Place We’re In

Q1. Read 2 Chronicles 20:12b, Psalm 23:4, Psalm 18:4-6

We can view “living in the trust zone” as a process. It may not always be easy to do, but the steps are simple. The first is to acknowledge the place we are in. In each of these passages the speaker acknowledges his difficult situation. What keeps us from acknowledging our situation? Which statement is most helpful in building your trust today: 1) we don’t know what to do but our eyes are on you, 2) your rod and staff comfort me, or 3) he heard my cry? What is the situation in your life that it applies to?

Believe that God is Trustworthy

Q2. Read 1 Thessalonians 5:24; Numbers 23:19; Joshua 4:18-24

We believe that God is trustworthy, not only because the Bible says it, but because we have seen his faithfulness demonstrated toward us. What do 1 Thessalonians 5:24; Numbers 23:19 have to say about God’s trustworthiness? In the Old Testament the Israelites would erect cairns, or huge piles of stones, as monuments of remarkable incidents (Joshua 4:18-24). They served to remind the people of God’s faithfulness towards them. Do you have any “stones of remembrance” to share with the group that help you trust God when times get hard?

Confess Our Thoughts and Feelings

Q3. Read Psalm 38:17-18, Psalm 139:23-24

Staying in a healthy place of trust requires us to be honest and confess our thoughts and feelings (the “lesser reality”), while at the same time, declaring what we know is true of God and his promises (the “greater reality”). Why is it important to begin by confessing our sins? You may need to ask God to help you see where your worry reveals a lack of trust and an unwillingness to

obey. In Psalm 139:24 the psalmist is expecting to have more than his sins revealed. What is the other thing he seeks in Psalm 139:24?

Declare the Truth of God’s Promises

Q4. Read 2 Corinthians 10:4-5; Psalm 28:6-8; Proverbs 3:5-6

2 Corinthians speaks about the warfare over our thoughts. What kinds of thoughts might you need to “take captive” that would keep you from trusting in God? Psalm 28:6-8 is a promise of God you can lean on in difficult times. What are some other promises you can declare to keep you focused on God rather than your circumstances?

WRAP-UP

All of us need to trust God, but there are times when trusting God is the only thing that keeps us going. When your future seems uncertain, your knowledge is incomplete, your resources are insufficient and your situation seems overwhelming you need to seek shelter in the “Trust Zone.” Begin by acknowledging the difficult place you are in, then believe that God is faithful and can be trusted. You can clear up any sins that may separate you from God by confessing and being honest about areas you struggle with, knowing God is faithful to forgive your sins and cleanse you from unrighteousness. And finally, boldly declare what God has told us to be true. The promises that He has given us and watch for him to direct your path.

Memory Verse

Trust in the LORD with all your heart, and do not lean on your own understanding. In all your ways acknowledge him, and he will make straight your paths.
Proverbs 3:5-6 ESV

PRAYER (20 MIN)

Ask your group to pray for you regarding one area where you can apply this study in your life: _____

Pray for your group members’ needs: (see back for more space) _____

Challenge

This week make a list of the times God has been faithful in your life. Keep the list where you can view it often as a reminder that you can trust in Him.

