

Living in the Trust Zone

Day One – Proverbs 3:5-6; Jeremiah 29:11 & John 14:1

Why is it so easy for us to trust in our own understanding? In what areas of life is it most difficult for you to trust God? When ...

- *Your future seems uncertain?*
- *Your knowledge is incomplete?*
- *Your resources are insufficient?*
- *Your situation seems overwhelming?*

Pray - Thank God that he is never “limited” by anything! Ask God to help you trust him more. Especially in the areas that are most difficult for you to trust him.

Day Two – Read Matthew 6:25-33. Sometimes it seems that there is not much difference between “healthy concern” and “unhealthy worry.” How would you describe the difference?

Pray – Ask God to help you see where your worry reveals a lack of trust and an unwillingness to obey. Ask him to help you trust more in that area of your life.

Day Three – Read Psalm 38:17-18; 2 Corinthians 10:3-5; Psalm 28:6-9. 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.”)

Pray – Be honest about the situation you’re in and the thoughts and feelings you’re having, but be quick to declare the greater reality of God’s love for you and his promises to you. Remember, *God IS Good, ALL the time!*

New Life Lessons
September 12th & 13th, 2015
Pastor Ron Salsbury

“The Trust Zone”

Proverbs 3:5-6; Matthew 6:25-33

Proverbs 3:5-6 (NIV) ⁵ **Trust in the LORD with all your heart and lean not on your own understanding;** ⁶ in all your ways **acknowledge him, and he will make your paths straight.**

What is “Trust?”

Proverbs 3:5a (NIV) ^{5a} **Trust** in the LORD with all your heart.
bāṭaḥ–“To flee/run to for refuge”

Proverbs 11:28 (NIV) ²⁸ Whoever **trusts** in his riches will fall, but the righteous will thrive like a green leaf. Proverbs 28:26

John 14:1 (NIV) ¹ "Do not let your hearts be troubled. **Trust** in God; **trust** also in me. *pisteuō* –“To place trust/faith in”

Matthew 6:25-33 (NIV) ²⁵ “**Do not worry** about your life, what you will eat or drink; or about your body, what you will wear. Is not life more important than food, and the body more important than clothes? ²⁶ Look at the birds of the air; they do not sow or reap or store away in barns, and yet your heavenly Father feeds them. Are you not much more valuable than they? ²⁷ Who of you by worrying can add a single hour to his life?

²⁸ “And why do you worry about clothes? See how the lilies of the field grow. They do not labor or spin. ²⁹ Yet I tell you that not even Solomon in all his splendor was dressed like one of these. ³⁰ If that is how God clothes the grass of the field, which is here today and tomorrow is thrown into the fire, will he not much more clothe you, O you of little faith?

³¹ So **do not worry**, saying, 'What shall we eat?' or 'What shall we drink?' or 'What shall we wear?' ³² For the pagans run after all these things, and your heavenly Father knows that you need them. ³³ **But seek first his kingdom and his righteousness**, and all these things will be given to you as well.

We're in the "Trust Zone" When...

- ***Our future seems uncertain***
- ***Our knowledge is incomplete***
- ***Our resources are insufficient***
- ***Our situation seems overwhelming***

Living in the Trust Zone

"Simple" vs. "Easy"

1. Acknowledge the Place We're In

Psalm 23:1, 4 (NIV) ¹ The LORD is my shepherd, I shall not be in want. ⁴ **Even though I walk through the valley of the shadow of death,** I will fear no evil, for you are with me; your rod and your staff, they comfort me. Habakkuk 3:17-18

Psalm 18:4-5, 6, 16-17 (NIV) ⁴ The **cords of death** entangled me; the **torrents of destruction** overwhelmed me. ⁵ The **cords of the grave** coiled around me; the **snare of death** confronted me. 2 Chronicles 20:12b-13

2. Believe that God is Trustworthy

Psalm 18:6, 16-17 (NIV) ⁶ **In my distress I called to the LORD; I cried to my God for help.** From his temple he heard my voice; my cry came before him, into his ears. ¹⁶ He reached down from on high and took hold of me; he drew me out of deep waters. ¹⁷ He rescued me from my powerful enemy, from my foes, who were too strong for me. Genesis 15

Matthew 21:22 (NIV) ²² If you **believe**, you will receive whatever you ask for in prayer." Matthew 18:19-20

3. Confess Our Thoughts and Feelings

Psalm 38:17-18 (NIV) ¹⁷ I am about to fall, and my pain is ever with me. ¹⁸ I **confess** my iniquity; I am troubled by my sin. Psalm 139:23; 1 John 1:8 & 9

2 Corinthians 10:3-5 (NIV) ³ Though we live in the world, we do not wage war as the world does. ⁴ **The weapons we fight with** are not the weapons of the world. On the contrary, they **have divine power** to demolish strongholds. ⁵ We demolish arguments and every pretension that sets itself up against the knowledge of God, and **we take captive every thought to make it obedient to Christ.** Isaiah 26:3

4. Declare the Truth of God's Promises

Psalm 28:6-9 (NIV) ⁶ Praise be to the LORD, for he has heard my cry for mercy. ⁷ **The LORD is my strength and my shield; my heart trusts in him, and I am helped.** My heart leaps for joy and I will give thanks to him in song. ⁸ The LORD is the strength of his people, a fortress of salvation for his anointed one. ⁹ Save your people and bless your inheritance; be their shepherd and carry them forever. Psalm 119:11, 30-32

1 Chronicles 16:23-24 (NIV) ²³ **Sing to the LORD,** all the earth; proclaim his salvation day after day. ²⁴ **Declare his glory** among the nations, **his marvelous deeds** among all peoples. Matthew 17:20-21; Ezekiel 37:1-6

Proverbs 3:5-6 (MSG) ⁵ **Trust GOD** from the bottom of your heart; don't try to figure out everything on your own. ⁶ **Listen for GOD's voice in everything you do,** everywhere you go; he's the one who will keep you on track.

What does the "Trust Zone" look like in your life right now? How will you declare God's truth and seek to express trust in God?

"Faith not Fear!"