

*I will... trust*



# Stages

All butterflies go through four stages: egg, caterpillar, pupae, and finally butterfly.

An egg will not hatch into a butterfly. And a caterpillar cannot stay a caterpillar.

A spiritual life also progresses by stages. Jesus called men, they followed him, they became his disciples and friends, he taught them, and then they became his apostles and taught others.

It takes time, and in the spiritual life it takes a longing to grow and change and the belief that there is something beautiful in the end that is worth all the time, struggle, and transformation.

# Week 14

Write out Proverbs 3:5-7.

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What does this scripture say about God and you?

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What does it tell you about trusting?

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What can you do to put this into practice this week?

*I will...* \_\_\_\_\_

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# What does it mean to trust?



Find a definition for “trust” in an English dictionary.

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Look up the verse from this week in a concordance or Bible Study program and find out what the original Hebrew word is that it is translated from.

What is the word and what does it mean?

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What do you think the opposite of trusting is and how does it make you feel?

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How do you think “trust” is developed?

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*“So that is the secret of trust—your knowledge of God. And it is especially true when you are venturing on an unknown way; when you are stepping out into new circumstances or facing some unaccustomed experience. There are so many unknowns on the journey of life. How shall we make any progress? Well, trust in God; measure the problem of the unknown way by the problem of the trackless wilderness, for He who led then will lead again. The world before us is strong and hostile: how shall we overcome? Well, trust in God; He who was able to save in Egypt is also able to save in Canaan.”*

—Dennis Gillett (May You Know it to be True)

# Week 15

Write out Jeremiah 17:7-8.

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What does this scripture say about God and you?

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What does it tell you about trusting?

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What can you do to put this into practice this week?

*I will...* \_\_\_\_\_

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# Week 16

Write out 1 Timothy 6:17-18.

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What does this scripture say about God and you?

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What does it tell you about trusting?

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What can you do to put this into practice this week?

*I will...* \_\_\_\_\_

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Read through this Psalm several times this week. Find a version of it put to music if you can and listen to it, or find an audio version of it and listen to it. Take some coloured pencils and mark it up.

## Psalm 30

A Psalm and Song at the dedication of the house of David.

I will extol thee, O LORD; for thou hast lifted me up,  
and hast not made my foes to rejoice over me. O LORD my  
God, I cried unto thee, and thou hast healed me. O LORD, thou  
hast brought up my soul from the grave: thou hast kept me  
alive, that I should not go down to the pit.

Sing unto the LORD, O ye saints of his, and give thanks at  
the remembrance of his holiness. For his anger endureth but  
a moment; in his favour is life: weeping may endure for a  
night, but joy cometh in the morning.

And in my prosperity I said, I shall never be moved. LORD, by  
thy favour thou hast made my mountain to stand strong:  
thou didst hide thy face, and I was troubled.

I cried to thee, O LORD; and unto the LORD I made  
supplication. What profit is there in my blood, when I go  
down to the pit? Shall the dust praise thee? shall it declare  
thy truth? Hear, O LORD, and have mercy upon me: LORD, be  
thou my helper.

Thou hast turned for me my mourning into dancing:  
thou hast put off my sackcloth, and girded me with  
gladness; To the end that my glory may sing praise to thee,  
and not be silent. O LORD my God, I will give thanks unto  
thee for ever.