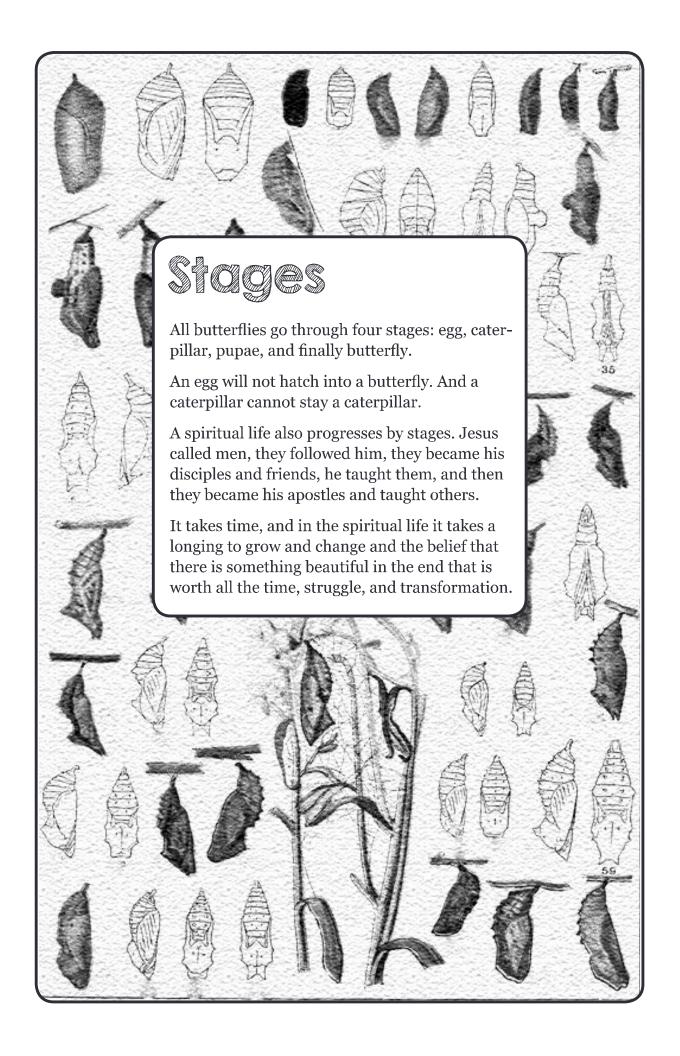
I will...trust



| 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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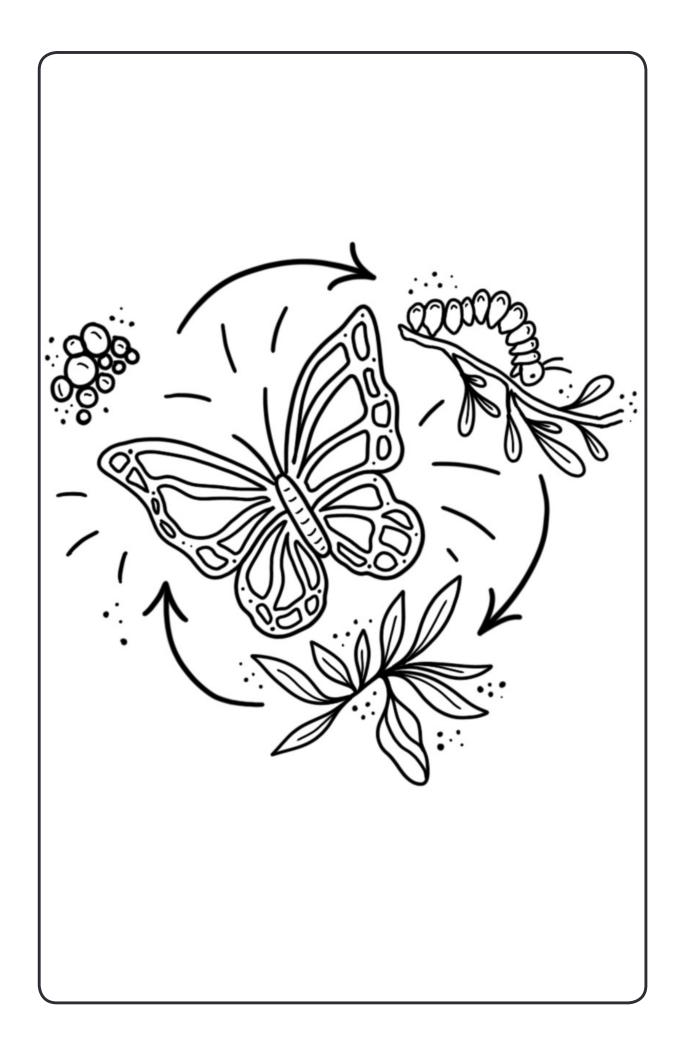
What does it mean to trust?

| 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 Stu out what the original Hebrew word is that it is translated from. What is the word and what does it mean? | dy program and find |
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| What do you think the opposite of trusting is and how does it m | nake 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)

| 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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| 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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What did Jesus do?

"And he was withdrawn from them about a stone's cast, and kneeled down, and prayed, Saying, Father, if thou be willing, remove this cup from me: nevertheless not my will, but thine, be done." (Luke 22:41-42 KJV)

The Lord Jesus had complete trust in his Heavenly Father. He believed that His will was the only way forward. He could look back on the stories of men and women in the Scriptures where trust in God was shown to be the right course, and take instruction from that—something that we can also do. How many stories like this can you think of? Personal experience is often most helpful in teaching us to trust but usually we have to trust first and sometimes it is a long wait until our trust is proved right. What are some things in your life you could trust God with?

| Write out 2 Corinthians 1:9-10. |
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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.