

Trust Issues

Who Am I - Week 7 (5-8-24)

Proverbs 3:5-6

Trust = Assured reliance on the character, ability, strength, or truth of someone or something.

I. Lacking Trust

A. If you're not trusting in God, you're trusting in something else.

1. Psalm 20:7

B. Jeremiah 17:5-8

1. No Trust in God = Cursed, distant from God, dry wilderness, short rooted shrub

2. Trust in God = Blessed, no fear/anxiety, fruitful, stable, secure

a) Psalm 125:1 - "They that trust in the Lord shall be as mount Zion, which cannot be removed, but abideth forever."

b) Trust provides stability and security in a relationship.

(1) When we trust someone we are willing to be open and vulnerable with them.

3. "...Shall not see when good cometh..."

a) A lack of trust blocks the benefits of any relationship

b) Trust reflects intimacy

(1) If I trust you it's because I've exposed myself to you on some level and you didn't hurt me.

c) We don't rely on people that we don't feel safe with.

d) Isaiah 26:3-4

(1) When we trust in God we have peace instead of anxiety and fear.

(2) 1 John 4:17-19

(a) Love doesn't last very long when trust is not there

(3) Mark 4:37-41

C. If you have lost trust in God in some way, it is because you have placed your trust in something else instead of Him.

1. The disciples trust in Jesus weakened because they were trusting more in the storms ability to harm them.

2. When we trust too much in people or things they will let you down, and it effects our willingness to trust again. Even in God.

3. God is ALWAYS faithful.

a) The only one worthy of ALL of our trust is God.

(1) "As for God, his way is perfect: The word of the LORD is tried: He is a buckler to all those that trust in Him." - Psalm 18:30

II. Building/Rebuilding Trust

A. Recognize that God has never wronged you

1. God has never failed us, but we have certainly failed Him

a) Repentance

(1) James 4:7-10

- (a) Change your mind and turn back to God
 - b) Humility
 - (1) 1 Peter 5:6-7
 - (a) He really doest care for you and we must humble ourselves in order to trust Him with our cares and fears.
- B. Choose to remember God's faithfulness
 - 1. "...we will remember the name of the Lord our God."
 - 2. Trust is built through experiences that add up over time.
 - a) In given moments of weakness I can be tempted to think the worst of my spouse. But choosing to remember her proven character over the years keeps those weak moments at bay.
- C. Have faith to open up.
 - 1. There is always that first time of taking a chance on someone's trustworthiness.
 - a) 2 Timothy 2:11-13
 - (1) If we are faithless He still remains faithful because He cannot deny who He is