

Ever wonder why should we trust God?

Icebreaker:

Can you think of an example of 'fake news' you've heard?

What do you think are some of the effects in our society of people being unable to trust the news that they hear?

Read: Proverbs 3:5-6

What kind of things might stop us from trusting God in this way?

Stuart shared the story of Daniel and his friends, who learned to trust God despite life threatening situations.

Can you share a story from the Bible where a person or people needed to trust God?

John 14:1 (NLT) Don't let your hearts be troubled. Trust in God, and trust also in me.

Stuart shared three truths about trusting God:

1. TRUSTING GOD IS AGAINST OUR HUMAN NATURE.

Do you have any example of where you have struggled to trust someone?

Dr. Henry Cloud: "Trust is the key ingredient in life for anything to work. You can't get what you need without trust. Opening yourself up to what you need from the outside makes everything in life work."

How can we learn to trust people more?

2. TRUSTING GOD MEANS BELIEVING WHAT WE CANNOT SEE

Corrie Ten Boom: "Never be afraid to trust an unknown future to a known God."

How would you answer a Christian friend who said they were struggling to trust God?

Read: Hebrews 11:1

What helps us to trust God, even when we cannot see a way through?

3. TRUSTING GOD MEANS ADMITTING WE ARE NOT IN CONTROL

Rick Warren: "If God was small enough for you to completely understand him, he wouldn't be big enough for you to completely trust him."

Can you share a testimony of when God proved himself faithful to you, even if you weren't sure he would come through for you?

Isaiah 26:3-4 (NLT) You will keep in perfect peace all who trust in you, all whose thoughts are fixed on you! Trust in the Lord always, for the Lord God is the eternal Rock.

Prayer time

Consider one of the following ways to respond in prayer together:

Break off into pairs, if people are willing, and share one area with each other in which you might be struggling to trust God. Pray for each other. If someone finds it difficult to share, encourage the other person in the pair to pray for them, even though they do not know any of the details.

OR

Ask anyone in the group who might be struggling if they wish to share a little so you can all pray for them. If they do not feel comfortable to share just ask them to identify that they would value prayer and then pray for each other as a group.

OR

Pray this prayer over the group....

*Do heavenly Father thank you for the love that you have for us.
Forgive us for the times when we have failed to trust you as we should.
Please grant to us the peace that you have promised, even in the middle of the storms we may be facing. We acknowledge today that you are bigger than we could ever imagine, and so we ask for your grace that we might rest in the confidence of your goodness towards us.*

*For any who are struggling to trust you today, we ask you to come close to them.
We ask that you show them your power, even in the small things of daily life.
We look to you and lean upon your kindness and your mercy.
In Jesus name,
Amen.*