

## Opening Declaration

Psalm 91:1-2

*Whoever dwells in the shelter of the Most High  
will rest in the shadow of the Almighty.  
I will say of the LORD, "He is my refuge and  
my fortress, my God, in whom I trust."*

## Prayer

Our Lord God, Your Word assures us that when we come to you we find security and protection. We find shelter and rest and we echo the words "my God in whom I trust". We rejoice in the good times, Lord, but sometimes it feels like life is just too hard, too much of a struggle, with decisions to make and burdens to bear and our feelings run amok. Perhaps doubts about whether we can trust you creep in. Lord, take me deeper into the truth of your promises and stir my heart to a confident trust in You, the One true God who promises to never leave or forsake us. In Jesus' name, Amen.

## Scripture

*"Who is like you, LORD God Almighty? You, LORD, are mighty, and your faithfulness surrounds you." Psalm 89:8*

*"Do you not know? Have you not heard? The LORD is the everlasting God, the Creator of the ends of the earth. He will not grow tired or weary, and his understanding no one can fathom." Isaiah 40:28*

*"I am the LORD, the God of all mankind. Is anything too hard for me?"*

Jeremiah 32:27

*"God is not human, that he should lie, not a human being, that he should change his mind.  
Does he speak and then not act? Does he promise and not fulfil?"*

Numbers 23:19

## Reflect

Do we ever stop, really stop, and think about the character of God and the confidence instilled in us as we realise why we can trust Him?  
Consider the above verses and reflect on who God is. Is this the sort of God who can be trusted? Surely it is true that the more we come to know and believe in God's character, the more we can and will trust Him.

## Prayer

Lord God, I thank you that you are my God, and I praise You for your love and faithfulness to me. You are the same yesterday, today and forever. Throughout history you have been constant in your love and provision for your people and I thank you that I have in Your Word so many assurances and promises that you care about me and that I can trust you.  
Help me to know you better and to trust you completely.

## Hymn

I am trusting you, Lord Jesus, trusting only you;  
Trusting you for full salvation, free and true.

I am trusting you for pardon; at your feet I bow,  
For your grace and tender mercy, trusting now.

I am trusting you for cleansing  
in the crimson flood;  
Trusting you to make me holy by your blood.

I am trusting you to guide me;  
you alone shall lead,  
Every day and hour supplying all my need.

I am trusting you for power; you can never fail.  
Words which you yourself shall give me  
must prevail.

I am trusting you, Lord Jesus; never let me fall.  
I am trusting you forever, and for all.

Frances R Havergal, 1836-1879

## Pause and consider

*"Trust in the Lord with all your heart and lean not on your own understanding. In all your ways acknowledge Him and He will make your paths straight." Proverbs 3:5-6*

We don't always understand our circumstances,  
but we can trust the God who does.  
Because I trust who God is, I can trust how He answers my prayers – focussing on His Person,  
His plans and His timing is reassuring  
and less stressful!

## Reflection

Do we ever consider that trusting God is a choice? That trusting God is more about my will than my feelings? First, though, we must choose whether to believe the truth about God and all that He has revealed to us about who He is.... loving, caring, faithful, compassionate, sovereign, wise.... and it is in the character of God where our trust rests. As we choose to put our trust in God and choose to believe the truth and promises He gives to us, we can say 'I will trust You', even when we may not feel like doing so, because God can be trusted, even when we don't understand.

Perhaps you'd like to take a moment to name anything that you need to trust God for.

## Prayer

Father God, I choose to trust You and thank You that I can depend on the enabling power of Your Holy Spirit to help me do so.

## Bible Reading

Isaiah 55:8-9

*"For my thoughts are not your thoughts, neither are your ways my ways," declares the LORD.*

*"As the heavens are higher than the earth,  
so are my ways higher than your ways  
and my thoughts than your thoughts."*

## Praise Prayer

Father God, I praise and worship you for who you are. I may not always understand your will and ways but I trust you as the God who fully knows and understands and who promises to be with me through any circumstance of life I face. I thank you that I can pour out my feelings to you, knowing you hear them, hold them to your heart and lead me deeper into trust. I praise you.

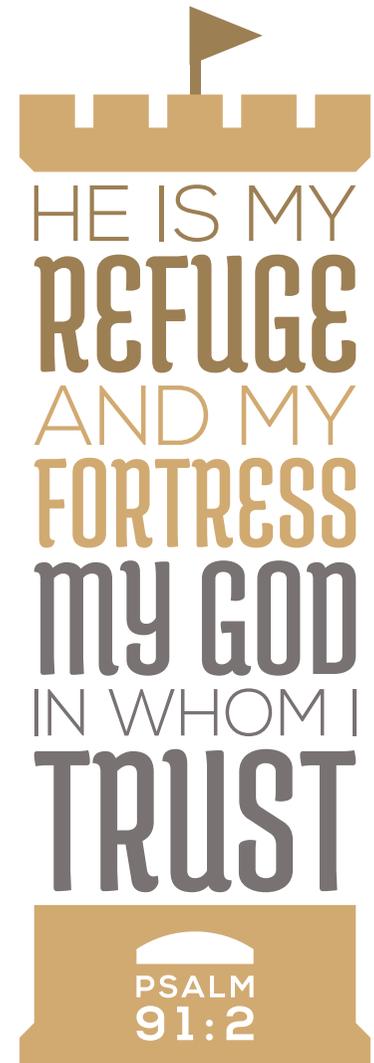
You are my God: my times are in your hands.

## Closing Scripture

*"You will keep in perfect peace him whose mind is steadfast, because he trusts in you. Trust in the Lord forever, for the Lord, the Lord, is the Rock eternal." Isaiah 26:3-4*

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**TRUSTING  
GOD**