

Week 4—March 11 Learning to Trust Again

We are four weeks into our Lenten journey. This is the final week of our journey of looking inward: returning, examining, repenting, and today, trusting. Tonight, we will explore the areas of our hearts or lives where we struggle with trusting God. Trusting God can be difficult when we have lost trust in others or in the church for some reason. As Christians, we want people to trust us. But, we need to be able to give trust in order to receive it, and the primary person that we as Christians need to give our trust to is God. Once we can trust God, we can learn to trust others and give them the gift of trust. May we each hear from God tonight about the specific area of our hearts or lives where we need to be open to trust God.

[Be Thou My Vision](#)

The image of two doors in front of us is to aid our reflections today as we examine our hearts and lives in our final week of the inward journey to God. The image may help us to see which areas of our lives we are open to trust God in and which areas we are still closed to trusting God in.

Solomon emphasizes an important principle in Proverbs 3:5-6 that trust comes from the heart and not from our understanding.

Proverbs 3:5-6

5 Trust in the Lord with all your heart, and do not lean on your own understanding.

6 In all your ways acknowledge him, and he will make your paths straight.

Trusting God in all things will make our lives easier, yet we still struggle to do this. We do not have to have big faith to trust God.

When Faith Feels Small

When faith feels like a mustard seed, so tiny in the ground,
Remember that in darkened soil, a mighty tree is found.
For in the stillness of the night, just trust and wait to see,
The growth that comes from simple faith, unfurling, wild and free.

<https://poemsplease.com/poems-on-trusting-god/>

Sometimes, there is fear in our lives or about a particular thing that has come due to past experiences or pain. Fear is not something that we should let control us as Christians. So if there is an area of fear in your life, please pray about it or ask someone in our community to pray with you regarding it.

Isaiah gives us a great reminder that the returning to trust in God again does not require great physical or emotional strength on our part, it takes only a small step of obedience as shown in Isaiah 30:15.

Isaiah 30:15

15 For thus said the Lord God, the Holy One of Israel, “In returning and rest you shall be saved; in quietness and in trust shall be your strength.” But you were unwilling.

That step of obedience is being willing to return and rest, to be quiet and trust. We may also need to begin the process of trusting God with other small steps of obedience.

Litany

From the belief that I have to earn Your love

Deliver me, Jesus.

From the fear that I am unlovable

Deliver me, Jesus.

From the false security that I have what it takes

Deliver me, Jesus.

From the fear that trusting You will leave me more destitute

Deliver me, Jesus.

From all suspicion of Your words and promises

Deliver me, Jesus.

From the rebellion against childlike dependency on You

Deliver me, Jesus.

From refusals and reluctances in accepting Your will

Deliver me, Jesus.

From anxiety about the future

Deliver me, Jesus.

From resentment or excessive preoccupation with the past

Deliver me, Jesus.

From restless self-seeking in the present moment

Deliver me, Jesus.

From disbelief in Your love and presence

Deliver me, Jesus.

From the fear of being asked to give more than I have

Deliver me, Jesus.

From the belief that my life has no meaning or worth

Deliver me, Jesus.

From the fear of what love demands

Deliver me, Jesus.

From discouragement

Deliver me, Jesus.

That You are continually holding me, sustaining me, loving me

Jesus, I trust in You.

That Your love goes deeper than my sins and failings and transforms me

Jesus, I trust in You.

That not knowing what tomorrow brings is an invitation to lean on You
Jesus, I trust in You.

That You are with me in my suffering
Jesus, I trust in You.

That my suffering, united to Your own, will bear fruit in this life and the next
Jesus, I trust in You.

That You will not leave me orphan, that You are present in Your Church
Jesus, I trust in You.

That Your plan is better than anything else
Jesus, I trust in You.

That You always hear me and in Your goodness always respond to me
Jesus, I trust in You.

That You give me the grace to accept forgiveness and to forgive others
Jesus, I trust in You.

That You give me all the strength I need for what is asked
Jesus, I trust in You.

That my life is a gift
Jesus, I trust in You.

That You will teach me to trust You
Jesus, I trust in You.

That You are my Lord and my God
Jesus, I trust in You.

That I am Your beloved one
Jesus, I trust in You.

Reflect:

Where is trusting God difficult for you right now?

What fears make returning feel risky?

How might trust grow through small steps of obedience?

Prayer: Lord, teach us to open the doors of the areas of our hearts and lives that we have kept closed to trusting you. Show us the small steps of obedience we need to take to trust you more. Help our trust in you lead to a gift of trust to others.

Amen.

[Tis So Sweet to Trust in Jesus](#)