September 6, 2015

Food For Thought

For week of September 6, 2015

Trusting God

- Trust that God is <u>Good.</u>
- Trust that God is <u>smarter</u> than you.

Trust is foundational in our relationship with God and others.

Read Genesis 30:1-24

Trust almost always involves patience. Eventually God answered Rachel's prayers and gave her a child of her own.

Trusting Others

Trusting others expresses itself in love. 2 Corinthians 13:4-7

In every relationship, there are unexplainable gaps between what we expect people to do and what they actually do.

We fill in the gap

- Believe the best/Assume the worst.
- o Positive/Negative

When you can't choose to trust, you must choose to confront.

- 1. Assume the best
- 2. Give another chance
- 3. God is good and smart

Exception: Unhealthy relationships require healthy boundaries.

Change: Trusting our distrust to God.

Read Exodus 14:1-31

Trust takes Courage. Israel had to learn from repeated experience that God was able to provide for them. God has preserved these examples in the Bible so that we can learn to trust Him the first time. By focusing on God's faithfulness in the past, we can face crises with confidence

Read Proverbs 3:1-8

Trust involves heartfelt confidence in God. Leaning has the sense of putting your whole weight on something, resting on and trusting in that person or thing. When we have an important decision to make, we sometimes feel that we can't trust anyone—not even God. But God knows what is best for us. And He knows even better than we do what we really want. We must trust Him completely in every choice we make. We should not omit careful thinking or belittle our God-given ability to reason;

but we should not trust our own ideas to the exclusion of all others. We must not be wise in our own eyes. We should always be willing to listen to and be corrected by God's Word and wise counselors. Bring your decisions to God in prayer, use the Bible as your guide, and follow God's leading. He will make your paths straight by both guiding and protecting you. Notes:

Read Matthew 6:25-34

Trust includes giving God our future plans. Look at your values and priorities. What is important to you? In what areas have you not acknowledged Him? What is His advice? In many areas of your life you may already acknowledge God, but it is the areas where you attempt to restrict or ignore His influence that will cause you grief. Make Him a vital part of everything you do; then He will guide you because you will be working to accomplish His purposes.