

### Trusting God

- Trust that God is Good.
- Trust that God is smarter than you.

### 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.**
- **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.**

## Food For Thought

For week of September 6, 2015

**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.

#### 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;

