



## Learning to Trust God More

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### **Introduction:**

**Proverbs 3:5-6 (NLT) - Trust in the Lord with all your heart; do not depend on your own understanding. Seek his will in all you do, and he will show you which path to take.** Trust – one of the things we have to learn to do. Trust is something that is earned. It is something that one develops as we see one is worthy of our trust.

In a world where there are so many broken promises and so many reasons why people fail, trust is a major factor in any relationship. Because we experience disappointments in life and things that cause us to mistrust others, if we don't guard against it, we can find ourselves mistrusting God. If our relationship with God is going to grow and go anywhere, we have to learn to trust Him, to trust His control, His timing, His ability, His promises and believe He allows what happens to us for our good, even if at the moment it seems hard, painful and difficult. God's purpose is to bring us to the place where Christ is fully functioning and seen within our lives. Often when we get concerned, frustrated, uncertain about situations we find in our lives, our response is to mistrust and start to worry. We assume that through our worry we can change things and that is a lie.

### **I. Four things worry will do for you.**

- 1. Worry will waste time and accomplish absolutely nothing!**

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I don't have lots of time to sit around worrying. There have been times in my life when I have

foolishly spent time worrying. I realize at the end of the day that most of the things I wasted time worrying about never happened. So here is one thing I have learned about worry. I have learned that it is a waste of time and accomplishes absolutely nothing. Worrying won't solve any problems. Worrying won't bring any solution. Worrying won't

make you more powerful. Worrying won't bring you peace and it won't help you sleep better at night.

Jesus said it so well in His Sermon on the Mount. Listen to His words this morning: **Matthew 6:27-29** - **Can all your worries add a single moment to your life? And why worry about your clothing? Look at the lilies of the field and how they grow. They don't work or make their clothing, yet Solomon in all his glory was not dressed as beautifully as they are.**

## 2. Worry will burden you down.

I continue to learn that when I worry, I get burdened down with my worry and it really is destructive. Worry becomes a mental burden that can cause us to grow sick physically. The more you worry, the greater the mental burden and the greater possibility for physical sickness.

God never created us to carry the burden of worry. He never made us to handle that kind of stress. He invites us to cast our worry, our care on Him because He can handle it. He is big enough to deal with all the issues that cause us to worry in the first place. **Proverbs 12:25** - **Worry weighs a person down; an encouraging word cheers a person up.**

If worry burdens us down, it would be worth our effort and energy to get rid of the worry. Some of you may be asking, "How is that done?" It is done through prayer and learning to depend and trust in God.

## 3. Worry will weaken your trust of God.

When we worry, we begin to trust in our own mental, spiritual, emotional or physical strength to get the job done. We take on the task of God who has promised to take care of us and provide for us and we can't do that. The energy we spend on worry can better be spent in prayer. If we replace the worry with prayer, our confidence and trust will be properly placed and we will find our trust in God strengthened rather than weakened. **Philippians 4:6-7** - **Don't worry about anything; instead, pray about everything. Tell God what you need, and thank him for all he has done. Then you will experience God's peace, which exceeds anything**

**we can understand. His peace will guard your hearts and minds as you live in Christ Jesus.**

## 4. Worry will put your focus in the wrong place.

This is a great way for Satan to distract us and get us to look to another source for our help. When we worry, our focus tends to be on the problem, on ourselves, or others. On the other hand, when we trust in God our focus is properly placed on the solution, the answer and God who is our source.

God has a wonderful plan for each of our lives and His plan includes taking care of us, providing us with peace, and confidence. **Matthew 6:31-33** - **So don't worry about these things, saying, 'What will we eat? What will we drink? What will we wear?'** **These things dominate the thoughts of unbelievers, but your heavenly Father already knows all your needs. Seek the Kingdom of God above all else, and live righteously, and he will give you everything you need. 1 Peter 5:7- Give all your worries and cares to God, for he cares about you.**

"You find no difficulty in trusting the Lord with the management of the universe, and all the outward creation, and can your case be any more complex or difficult than these, that you need to be anxious or troubled about His management of you? Away with such unworthy doubting! Take your stand on the power and trustworthiness of your God, and see how quickly all difficulties will vanish before a steadfast determination to believe. Trust in the dark, trust in the light, trust at night and trust in the morning, and you will find that the faith which may begin by mighty effort, will end sooner or later by becoming the easy and natural habit of the soul." Hannah Whitehall Smith, [The Christian's Secret of a Happy Life](#).

## II. How can we trust God more?

### 1. Purpose to obey His word.

When we disobey God's word, we are not trusting God. We don't see that if we truly obeyed what God has said, it will make any difference, so we do things our way. Obedience is a sure way of showing our

love and trust in what our Heavenly Father indicates is best for us.

## **2. Purpose to rely on Him and not anything else including yourself.**

We are raised all our lives to become independent. The goal of every person is to break free of depending on others. From the time we are babies, our parents move us in that direction. Our parents help us learn how to feed, clothe and bathe ourselves. They help us learn how to walk and talk and read and make our own decisions. We have to break through the way we have been raised all our lives to be independent and set that aside to trust God. There has to be a shift in our thinking and in our hearts to be able to effectively trust God. To trust God more, we have to rely less on self. Listen to your talk. Whenever you use a lot of me, my and I, you probably need to reevaluate your trust in God.

## **3. Purpose to relinquish control – repent of unbelief.**

We like to control things. We may not want to admit it, but we like to be in control and have control. God says, "I want to be in control." There is a struggle that goes on inside every person. Who is in control? When we are in control, we make the decisions, we deal with the outcome. We trust ourselves when we are in control and God says, "I

### **Conclusion:**

When you finally reach the place where your head agrees with your heart, you're still hesitant. It's scary. Trusting in the Lord can require that you abandon everything you've ever believed about what brings happiness and fulfillment. You never finally "arrive." Each new crisis calls for recommitment. The good news is that the more often you see God's loving hand working in your life, the easier this trusting becomes. When you trust in the Lord, you'll feel as if the weight of the world has been lifted off your shoulders. The pressure is off you now and on God, and he can handle it perfectly.

want you to trust me more." So if you want to trust God more, relinquish control. Here God, you have the steering wheel to my life. You direct when I move, where I go, everything about my life.

## **4. Purpose to not get in God's way.**

Sarah, Abraham's wife, thought she would help God out and actually got in God's way. Ishmael and Isaac were the two sons of Abraham, but Isaac was God's plan; Ishmael was part of Sarah's plan. Problems we live with today in the Middle East are a result of Sarah trying to help God out.

"Remember, there are two things that are more utterly incompatible than even oil and water, and these two are trust and worry. Would you call it trust if you should give something into the hands of a friend to attend for you and then spend your nights and days in anxious thought and worry as to whether it would be rightly and successfully done? And can you call it trust, when you have given the saving and keeping of your soul into the hands of the Lord, if day after day, and night after night you are spending hours of anxious thought and questionings about the matter? When a believer really trusts anything, he ceases to worry about that thing which he has trusted. And when he worries, it is plain proof that he does not trust." Hannah Whitehall Smith, [The Christian's Secret of a Happy Life](#)