Trusting God Means Getting to Know Him

Proverbs 3:5-6

In Sunday's message, I alluded to the idea that much of life is lived in a way that suggests we do not trust God as we should. I suggested the reason is because we do not know God as we should. I want to expand on that a little more.

Trusting God isn't just a passive belief in His existence; it's an active reliance on His character, His promises, and His plan for your life. When we truly place our trust in Him, it transforms every aspect of our existence, from our personal decisions to our actions on behalf of His kingdom. On the other hand, a lack of trust is a fundamental barrier that prevents us from fully living out our purpose.

This message will explore how a lack of trust hinders us and how we can cultivate a deeper reliance on God's unwavering character.

The Bible is filled with examples of people who struggled with trust, and their experiences serve as powerful warnings. When we do not trust God, we often fall into three primary traps:

1. **We rely on our own understanding instead of His guidance.** Proverbs 3:5-6 tells us, "Trust in the Lord with all your heart and lean not on your own understanding; in all your ways submit to him, and he will make your paths straight." When we fail to trust God, we lean on our limited human wisdom. We make decisions based on what seems logical, safe, or convenient to us, rather than seeking His divine direction. This leads to anxiety and uncertainty, as our paths are based on flawed, finite knowledge rather than on the perfect, infinite wisdom of God.
2. **We are consumed by fear, preventing us from taking action.** Think of Peter walking on water in Matthew 14. He trusted Jesus enough to step out of the boat, but when he saw the wind and waves, his faith wavered, and he began to sink. His fear of the circumstances overcame his trust in the one who commanded the circumstances. This is a common struggle. God calls us to step out of our comfort zones, to share our faith, to forgive an enemy, to leave a secure job for a new calling. But the "wind and waves" of fear, doubt, and insecurity can cause us to shrink back.

Perfect love casts out fear, and perfect trust is a reflection of that love. Without trust, fear dictates our obedience.

3. **We cannot fully receive His promises.** Throughout Scripture, God gives incredible promises, from providing for our needs (Philippians 4:19) to working all things for our good (Romans 8:28). Yet, a lack of trust prevents us from accepting these promises as truth. We may believe God can do something, but we don't believe He will do it *for us*. This is the difference between believing in God and believing God. When we doubt His promises, we live in a state of scarcity and worry, unable to experience the abundant life He offers.

Our ability to trust God is directly proportional to our understanding of His character. We can't fully trust someone we don't know. The Bible reveals three core attributes of God that form the solid foundation for our trust:

- **His Faithfulness:** God is unchanging, and His promises are true. Psalm 89:8 says, "Lord God Almighty, who is like you? You are mighty, Lord, and your faithfulness surrounds you." We can look back on His actions throughout history and in our own lives as proof that He is reliable.
- **His Goodness:** God is inherently good, and His intentions for us are always pure and loving. Jeremiah 29:11 affirms**, "For I know the plans I have for you… plans to prosper you and not to harm you, plans to give you hope and a future**." We can trust Him with our lives because we know His heart is for our well-being.
- **His Sovereignty:** God is in complete control of all things. Nothing happens outside of His knowledge or permission. Psalm 115:3 declares, "Our God is in heaven; he does whatever pleases him." This means we can trust Him even in chaos because we know He is the Lord over all.

How to Increase and Grow Your Trust in God

Trust isn't a feeling; it's a discipline. It's a muscle that grows stronger with practice. Here are three practical ways to cultivate a deeper trust in God:

Study His Word. Faith comes by hearing and hearing by the word of God (Romans 10:17). Immersing yourself in Scripture is the single most effective way to build trust. As you read about God's faithfulness in the lives of people like Abraham, Moses, and David, you'll see His character revealed and gain confidence in His promises. Scripture is a historical record of God's trustworthiness.

1. **Remember His Past Faithfulness.** Take time to intentionally remember and record the times God has shown up for you. Keeping a journal of answered prayers or

moments of divine intervention builds a personal history of His faithfulness. When you face a new challenge, you can look back and say, “God was faithful then, and He will be faithful now.” This practice turns abstract belief into concrete assurance.

2. **Act on Your Trust in Small Steps.** Trust grows through obedience. Start with small acts of trust. When a difficult conversation arises, trust God to give you the right words to say. When you feel anxious, trust Him to bring peace. Each small step of obedience strengthens your faith and prepares you for bigger challenges. As you consistently choose to act on your trust, you’ll see God’s character proven in new ways, creating a powerful cycle of trust and obedience.

Trusting God is the foundation of the Christian life. It’s the key that unlocks the door to a life of purpose, peace, and obedience. By focusing on His unchanging character and intentionally practicing trust, you can overcome the barriers that hold you back and fully embrace the incredible plan He has for you.

Blessings,

Pastor Gool