

LESSON 2 // LEARN TO TRUST

Big Idea: Making the most of your life starts with a choice to get wisdom and to live wisely—to live according to God’s Word and His way.

It’s impossible to live wisely without trust in God. A life void of trust or weak in trust will always be restricted, controlled by fear and personal limitations.

Trust is healthy. It involves making good, healthy choices. Trust in God is always wise and practical—a daily habit we need to practice. And we must guard our trust in God or we can easily lose it.

Proverbs 3:5-6 (NIV) *Trust in the Lord with all your heart and lean not on your own understanding; in all your ways acknowledge him, and he will make your paths straight.*

Start Talking:

Share how your trust in God has helped you through tough times.

Start Thinking:

Why is trust such an important part of a healthy life? What can happen if you don’t establish healthy trust in your life?

Read Proverbs 3:5-6. What does it mean to personally trust God? What are some of the promises in Scripture that encourage you to trust Him?

Read Proverbs 4:23 and 2 Timothy 1:4. How can you guard your heart and your trust in God? What are some “enemies” you may have to fight along the way that want to rob you of your trust in the Lord?

What practical habits can help establish and maintain strong trust in God in your life?

Start Praying:

Pray for your heart to be anchored in the Lord and a deep trust in Him.

Start Doing:

Memorize Proverbs 3:5-6 and meditate on these verses this week. Allow God to speak to you about how trustworthy He is and all He wants to do in your life as you trust Him with all your heart.