



Psalm 13:5

BUT I HAVE  
TRUSTED IN YOUR  
STEADFAST LOVE;  
MY HEART SHALL  
REJOICE IN YOUR  
SALVATION.

**There is no fear in love,  
but perfect love casts  
out fear. For fear has to  
do with punishment and  
whoever fears has not  
been perfected in love.**

1 John 4:18

Psalm 37:5

**COMMIT YOUR WAY  
TO THE LORD;  
TRUST IN HIM, AND  
HE WILL ACT**

## GROWING IN HIM COUNSELING

### Trusting in God

“Trust in the Lord  
with all your  
heart, and do not  
lean on your own  
understanding. In  
all your ways  
acknowledge him,  
and he will make  
straight your  
paths’  
Proverbs 3:5-6

Everywhere we look there is difficult times; wars, famine, fear, abuse, financial difficulties, illnesses and the list goes on. It can feel as though we are drowning with no way out. There IS good news, however! Jesus came to offer us hope, knowing that life would be difficult. He experienced human pain and suffering in order to empathize with us. He also offered compassion and love to everyone who needed it. He can do the same for each one of us. It is hard to trust when things are difficult and appear to have no end in sight. Similar to the Israelites who were saved from slavery only to be hunted by the Egyptians and then feel lost and desperate in the desert. When you feel attacked, lost, desperate, scared and alone, the Lord wants you to turn to Him and trust that He will NOT forsake you because He loves you. The answer may not come when or how you want it, but it WILL come because He is trustworthy. Jesus promises to walk with you through the “valley of the shadow of death” and hold you when you are scared and alone.

#### How do I know God is with me?

There are multiple verses/stories in the Bible that talk about His love for you. When you focus on building a relationship with the Lord, you will also strengthen your trust in Him. Jesus came to save the lost, the sinners and the destitute. He didn't shy away from those who were struggling; instead He moved closer to them. He wants to do the same with you. He desires your heart, your soul, your mind and your body-He wants ALL of you! Sometimes we do not *feel* His presence which causes us to doubt whether or not He is with us. This is a normal human reaction as we are in search for certainty. What we can know for certain is that God created us (Ephesians 2:10) and He loves us (1 John 4:7) and will not forsake us (Deuteronomy 31:6 and 1 Chronicles 28:20). Knowing this truth can help us trust He will also not leave us.

## **How do I trust in God when everything seems to be going wrong?**

- 1. Write down your prayer requests and document when they have been answered (even if they are small).**
- 2. Make a list of what you are grateful for. It is easy to think of all the things going wrong, but when we focus on what is going right (even the minuscule things), we have a better outlook on life.**
- 3. Pay attention to the little things that God is doing in your life. Seeing the little blessings helps you to see the bigger giants that He is fighting for you.**
- 4. Seek out advise/support from a trusted fellow believer. Having a friend to talk to not only helps you feel less alone, they can also sometimes see the bigger picture and keep you focused on what is important.**
- 5. Look for Bible stories that represent the struggles you are facing. It helps to know you are not alone in your struggles and to know God sees the issues.**
- 6. Look back on your life and reflect on the struggles that you have already overcome. Knowing God was with you before will help you to know He is with you now. For some of us, seeing God work in our lives is more difficult as he appeared to let bad things happen. Struggles are a part of life and no one can escape them. It is sometimes hard to understand why God lets bad things happen. He is suffering alongside us and is heart breaks as he watches us struggle. (John 11:35)**

EMPATHETIC AND  
COMPASSIONATE  
GUIDANCE THROUGH  
THE HOPE FOUND IN  
JESUS

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