

PART 4: Choose to Trust

DATE: 05-15-2022

START

Trust can be a tricky thing. It can take a long time to build trust through a give and take of vulnerability, trust, more vulnerability, more trust. But trust can take just a few seconds to be lost.

- What do you think of when you hear the word trust?
- How long does it typically take you to build trust with someone?
- Who has broken your trust?
- Have you broken trust with someone?

READ

[Esther 7:3-4](#) (NIV)

Then Queen Esther answered, “If I have found favor with you, Your Majesty, and if it pleases you, grant me my life—this is my petition. And spare my people—this is my request. For I and my people have been sold to be destroyed, killed and annihilated. If we had merely been sold as male and female slaves, I would have kept quiet, because no such distress would justify disturbing the king.”

THINK

Who you listen to, will direct what you do. In our world today we can choose to listen to a number of sources. We can listen to those that only reinforce our established thoughts and beliefs, and/or we can listen to those that contradict our thoughts and beliefs. Who we listen to will eventually shape our thoughts and actions.

- Who/what do you find yourself listening to most often?
- How has who/what you're listening to shaped you?
- Where do you seek your most trusted advice?

When we are confronted with fear we have to live in a tension of fear and faith. We can't lean into both. We can only lean into one. The more we lean into fear, our faith begins to diminish. The more we lean into faith, our fears begin to diminish.

- When confronted with fear, do you tend to lean into fear or faith?
- When do you find it difficult to trust God in face of fear?
- What do you need to do in order to choose to trust God?

PRAY

“God, when I am confronted with fear in my life, help me to lean into the faith I have in you.

ACT

This week, when you are confronted with a fear, choose to trust God. Write down what it looks like to trust God in place of what you are fearing.

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