

Central Idea

What do you think is the central theme of chapter 13?

Developing Trust

1. Read Psalm 56:3-4 and 1 Samuel 21:10-15 (which is the historical setting for the psalm).

a. What emotions was David experiencing at the time he wrote this psalm (1 Samuel 21:10-12)?

b. How much trust in God did David show in 1 Samuel 21:13? Why do you think this?

c. When David chose to trust God, how did his feelings change (Psalm 56:3-4)?

d. Tradition says that Psalm 34 was written shortly after Psalm 56, after the crisis was over. How do you explain the relationship between David's statements in Psalm 56:4 and Psalm 34:4?

2. a. Have you had an experience in which you chose to trust God despite your emotions? If so, what happened to your emotions after you decided to trust God?

b. Why do you think emotions work that way?

3. a. Why is God worthy of your wholehearted trust?

b. Is it possible for us to be worthy of His trust? Explain.

4. a. What attitude did Job express in Job 23:8-10?

KJV Job 23:8 Behold, I go forward, but he *is* not *there*; and backward, but I cannot perceive him: 9 On the left hand, where he doth work, but I cannot behold *him*: he hideth himself on the right hand, that I cannot see *him*: 10 But he knoweth the way that I take: *when* he hath tried me, I shall come forth as gold.

b. In times of distress we must be careful that our feelings do not mislead us. Do Job's feelings contradict the truth of Hebrews 13:5? Why or why not?

5. Read 1 Peter 5:7. Is learning to trust God and cast our anxieties on Him something we get better at? If so, how? If not, why not?

KJV 1 Peter 5:7 Casting all your care upon him; for he careth for you.

6. Sometimes when we are anxious, there are things we need to do. Sometimes there is nothing we can do. Make a list of the things you are anxious about at this time in your life. Which things do you need to act on, and which things do you need to leave in the hands of the Lord?

7. a. Do you tend to forget to trust God when things are going well? Explain.

b. In what ways do we need to trust God in good times?

8. a. What contrast is made in Proverbs 18:10-11?

KJV Proverbs 18:10 The name of the LORD *is* a strong tower: the righteous runneth into it, and is safe. 11 The rich man's wealth *is* his strong city, and as an high wall in his own conceit.

b. Do you get your sense of security from your achievements and possessions or from the Lord? How do your actions reflect this?

9. a. What does God promise us in Psalm 50:15?

KJV Psalm 50:15 And call upon me in the day of trouble: I will deliver thee, and thou shalt glorify me.

b. What do we need to do after God answers our call, according to this verse?

c. In what specific ways might you do this?

10. a. Are you more able to trust God now than when you began this study?

b. If so, what has helped you most?

c. What help do you still need?

11. How would you explain to an unbeliever why you choose to trust God?

Trust in Action

1. For the next week keep a record of your anxious thoughts. Decide which thoughts should prompt you to action and which ones you need to leave in God's hands.

2. Memorize Hebrews 13:5 and 1 Peter 5:6-7

3. Read a biography of a godly Christian leader. Notice especially how this person's trust in God grew through his or her life. Check with your pastor or church librarian for some suggestions.