

Transition:

Trust is difficult in a world full of deception. When misled or taken advantage of, it's natural to build walls and withhold trust. Psalm 56 speaks of trust as part of a strong relationship with God and that we don't have to be afraid because our trust is in Him. The Hebrew word for "trust" means to *place hope and confidence securely, without fear.* It also translates to "*confidence*," "*security*," and "*hope*." Trusting God involves staying within His purpose and plan, where He promises protection for the faithful and obedient. One of the greatest stories in the scriptures that talk about trusting God is the story of Abraham & Isaac found in Genesis 22.

Tell the story:

Tell the story (with passion!) the best as you can, don't stop and teach, try not to make points, just tell the story. Perhaps leave some parts out or make a mistake, just to see if your group catches it!

Rebuild the story:

Chronologically rebuild the story by asking questions. Have the group look for what was added or left out by looking in their Bibles and going back over the story. Then have someone else tell the story the best they can – just like you modeled the first time.

Discussion Questions:

1. Abraham was willing to sacrifice his son; the very promise God had given him. What does this teach us about the relationship between trust and surrender?
2. God did not want child sacrifice, but He allowed Abraham to face that tension. What does this reveal about God's methods of testing and growing our faith?

Fundamental:

Trusting in God involves relying on His love, faithfulness, and promises rather than human strength. This story illustrates that trusting God requires obedience even without complete understanding. God is not merely a theoretical protector—He invites individuals to seek refuge in Him by presenting their true thoughts and sentiments. Trust in God is a personal matter; it entails daily reliance on Him as one's refuge, rock, guide, and provider. This trust is nurtured through prayer, surrendered in faith, and demonstrated during trials.

Homework/Challenge:

1. Pray each day this week with a verse from Psalm, practice pouring out your heart to God. Psalm 62:8, Psalm 9:10, Psalm 28:7, Psalm 37:3-5, Psalm 56:3-4
2. Identify something that God has been prompting you to obey but seems difficult or uncertain and step out in obedience trusting Him with the outcome. (Heb 11:8-10)

Discipleship Tip:

Trust is built through consistent commitment over time and is essential to every strong relationship. Establishing trust with others begins with our own trust in God. Demonstrate what it means to trust in God in various situations through your own life. Be Consistent, Be Honest, Be Real, Speak Jesus!

Prayer:

Lord, we desire to trust You more fully—not only in the easy times, but especially in the trials. Like Abraham, may we hold nothing back, even when we don't understand them. Keep us rooted in Your truth and grow us in our faith as we learn to trust You more each day.