



## Inner Growth - Trust

**Trust in Him at all times; ye people, pour out your heart before Him: God is a refuge for us.**

**Psalms 62:8**

**Time** ----- Genesis 8:22

**Relax** ----- Exodus 33:14

**United** ----- Hebrews 2:13

**Speak** ----- Psalms 18:2

**Thankful** – 1 Thess. 5:18

Trust is belief in something as true that we put our confidence in with the expectation of things working out. In God, we trust. An old saying many people refer to when they encounter a situation to work in their favor. However, do we trust in God for things? or do we trust in God to take care of things in our life? We trust our spouses to be with us forever. We trust our children to make the right choices. Yet, do we trust God as we do with our family?

*God made everything that is before us. Our spouses, children, and families came by Him. Why are we not trusting Him at all times? When things go wrong in our relationships or our kids' lives, we still trust them. We are to be better with God than any other connection we have encountered.*

*If you remove the letter s from Trust  
And move it to the front. You get a new word.*

Trust takes time. No relationship is overnight. During this period, the trust will undergo hot and cold days, good and bad moments, conflict, hardship, and other uncomfortable experiences but will continue to endure together. The trust will go through the seasons of time. Trust will require patience on our part when unpleasant things occur.

*Trust will make you calm. When trusting anyone, there is a sense of comfort. When trusting God, His presence will be with us and be at rest. Similar to how some spouses endure each other's problems. Whatever our situation may be, we should trust God to work on our behalf.*

Trust is unity. There is an old phrase, "United we stand but divided we fall." If we trust someone, we will persevere through thick and thin, staying the course to overcome it. Everyone will need a shoulder to lean on during tough times. There is no lone ranger because problems are like weight. They tend to get very heavy at times and try to physically and mentally weigh us down. However, unity is a family or friend that helps carry the load. Therefore we must trust God and turn our problems to Him.

*Trust is expression. There are times when we express our confidence in our mate among other people by giving comments. For example, when a man talks about his spouse. "Well, she is so caring, understanding, and keeps me grounded." We should be boastful with the God we know, especially believers. Similar to verse two of chapter eighteen from the book of Psalms. This verse expresses what the Lord is and represents.*

Trust is showing gratitude. Among relationships, there is always one within a couple that encourages a kind gesture by encouragement implying that they love them and are grateful to be with them. Even during times of expectation and do not receive what they expect. We should have a much greater attitude towards our God even when we do not receive what we ask. We must remember He knows what is best despite not getting our way.

*Trust God at all times more than we do others.*

**Trust is to strut in the Lord.**