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How Do You Learn to Truly Trust?

Psalm 91:2: (NASB) *I will say to the LORD, my refuge and my fortress, my God, in whom I trust!*



...But do you trust me? Such a question pierces right down to the heart of any matter, for true trust is sacred. Any relationship - be it family, friends, business or otherwise - will thrive when trust is intact. With trust, growth, change and the conquering of obstacles are all not only possible but probable. With trust there is security. When trust is broken - and it can be broken in an instant with a single word or action - any relationship is headed for shipwreck upon the rocks of disappointment and despair. Rebuilding after such a shipwreck is a long and difficult process. So, how can we learn to trust the right things in a deep and secure fashion?

In Scripture, *trust* carries different shades of meaning:

Trust: Strongs #982 *batach* (baw-takh'); properly, to hide for refuge; figuratively, to trust, be confident or sure

Trust: Strongs #2620 *chacah* (khaw-saw'); to flee for protection; figuratively, to confide in

The two Old Testament words for *trust* used together show us the differences between the two: Psalm 118:5-9: (NASB) ⁵*From my distress I called upon the LORD; The LORD answered me and set me in a large place.* ⁶*The LORD is for me; I will not fear; what can man do to me?* ⁷*The LORD is for me among those who help me; therefore I will look with satisfaction on those who hate me.* ⁸*It is better to **take refuge <2620>** in the LORD than to **trust <982>** in man.* ⁹*It is better to **take refuge <2620>** in the LORD than to **trust <982>** in princes.*

Old Testament *trust* means to go to someone or somewhere with *full confidence* of protection, care and comfort. Who or what do we go to when things go wrong in our lives?

Trust: Strongs #1679 *elpizo* (el-pid'-zo); to expect or confide
Greek/English Lexicon: 1) to hope 1a) in a religious sense, to wait for salvation with joy and full confidence 2) hopefully to trust in.

Trust: Strongs #3982 *peitho* (pi'-tho); to convince (by argument, true or false); by analogy, to pacify or conciliate (by other fair means); reflexively or passively, to assent (to evidence or authority), to rely (by inward certainly)

The two main New Testament words translated trust used together: 2 Corinthians 1:8-10: (NASB) ⁸*For we do not want you to be unaware, brethren, of our affliction which came to us in Asia, that we were burdened excessively, beyond our strength, so that we despaired even of life;* ⁹*indeed, we had the sentence of death within ourselves so that we would not **trust <3982>** in ourselves, but in God who raises the dead;* ¹⁰*who delivered us from so great a peril of death, and will deliver us, He on whom we have set our **hope <1679>**. And He will yet deliver us.*

New Testament *trust* means more of an intellectual application - being persuaded to the point of having true, deep and transformative hope.

Trust clearly linked with faith: Hebrews 11:1-2: (NASB) ¹*Now faith is the assurance (setting under, support) of things **hoped <1679>** for, the conviction (proof) of things not seen.* ²*For by it the men of old gained approval.*

Faith is the support or foundation of what we trust in. It is the foundation for true trust. Faith puts us in a position to be able to see beyond our normal limits. Trust (things hoped for, things we are persuaded of) is the real, practical and "sold out" changing of our lives to conform to those things which faith has revealed.

A great example is Jesus walking on water and saving Peter: Matthew 14:24-33: (NASB) ²⁴*But the boat was already a long distance from the land, battered by the waves; for the wind was contrary.* ²⁵*And in the fourth watch of the night he came to them, walking on the sea.* ²⁶*When the disciples saw him walking on the sea, they were terrified, and said, it is a ghost! And they cried out in fear.* ²⁷*But immediately Jesus spoke to them, saying, take courage, it is I; do not be afraid.* ²⁸*Peter said to him, Lord, if it is you, command me to come to you on the water.*

Fear was strong but faith was present! Peter expressed radical faith in his request: ²⁹*And he said, Come! And Peter got out of the boat, and walked on the water and came toward Jesus.* ³⁰*But seeing the wind, he became frightened, and beginning to sink, he cried out, Lord,*



save me! ³¹Immediately Jesus stretched out his hand and took hold of him, and said to him, you of little faith, why did you doubt? ³²When they got into the boat, the wind stopped. ³³And those who were in the boat worshiped him, saying, you are certainly God's Son!

- To express a statement of radical faith is a start...
- To get out of the boat is a significant step...
- To again fear and lose perspective is the revealing of a faith that needs more trust!

Of little faith: Greek/English Lexicon #3640 of little faith, trusting too little

Jesus did not say, "Where did your faith go?" Or, "What happened, did you give up?" Rather, he acknowledged that faith was present, but it needed to grow into unflinching trust. Growth is required, even if it means failing and learning from those failures.

Other "little faith" examples of growing faith into unflinching trust and unflinching persuasion: Matthew 6:27-30: In other words, do not just "know" He will take care of you; trust that it is true. Live according to that knowledge. Peter's faith was immature but had potential. **Trust is the get-your-hands-dirty application of faith!** Matthew 8:23-27: They woke up Jesus and said, *save us*, so we know they had faith - they knew Jesus could save them. But why would they even be afraid if he was with them? He was teaching them that trust is faith applied in what seems to be impossible.

O ye of little faith - meaning, o ye of faith that has been established but simply needs to grow into deep, unflinching trust. This is actually a very encouraging statement because Peter was on the path and just needed to take a few steps forward. That is what we need to do, as trust can change our life.

This next account will be a combination of selected verses from three combined Gospels Matthew 17:14-21: (NASB) Mark 9:14-29: (NASB) Luke 9:37-43: (NASB).

Jesus healed a boy possessed by a spirit: Mark 9:14-29: (NASB) *When they came back to the disciples (after the Mount of Transfiguration experience), they saw a large crowd around them, and some scribes arguing with them. Immediately, when the entire crowd saw him, they were amazed and began running up to greet him. And he asked them, what are you discussing with them? A man came up to Jesus, falling on his knees before him and saying Teacher, I beg you to look at my son, for he is my only boy ...possessed with a spirit which makes him mute; and whenever it seizes him, he suddenly screams, and it throws him into a convulsion, it slams him to the ground and he foams at the mouth, and grinds his teeth and stiffens out. I begged your disciples to cast it out, and they could not do it...*

The father showed great need, faith, urgency and humility. There is important symbolism shown here. Consider that the description of his son is a sad representation of the sin-sick world:

- *Only a boy* - we are all innocently born into sin.
- *Makes him mute* - unable to communicate the true horror of sin.
- *Screams, convulsion* - the involuntary and horrible control that sin has over us.
- *Slams him to the ground* - we are unable to look upward for salvation without help.
- *Foams at the mouth, grinds his teeth and stiffens out* (becoming corpse like) - sin ruthlessly takes lives.

...And he answered them and said, O unbelieving generation, how long shall I be with you? How long shall I put up with you? Bring him to me!

In other words, "How long shall I be with you? My time with you is so limited."

They brought the boy to him. When he saw him, immediately the spirit threw him into a convulsion, and falling to the ground, he began rolling around and foaming at the mouth. And he asked his father, how long has this been happening to him? And he said, from childhood...

Jesus has not yet taken action. He is giving the father ample time to reveal his limited faith.

But if you can do anything, take pity on us and help us! And Jesus said to him, if you can? All things are possible to him who believes. Immediately the boy's father cried out and said, I do believe; help my unbelief.



IF you can? - This puts the father in a position of admitting he does not trust - faith and a lack of complete trust are now revealed! Jesus now helps the father grow.

When Jesus saw that a crowd was rapidly gathering, he rebuked the unclean spirit, saying to it, you deaf and mute spirit, I command you, come out of him and do not enter him again. After crying out and throwing him into terrible convulsions, it came out; and the boy became so much like a corpse that most of them said, he is dead! But Jesus took him by the hand and raised him; and he got up. Jesus rewards his incomplete faith with blessing. This helps true trust to engage and grow. When he came into the house, his disciples began questioning him privately, Why could we not drive it out? And he said to them, Because of the littleness of your faith; for truly I say to you, if you have faith the size of a mustard seed, you will say to this mountain, move from here to there, and it will move; and nothing will be impossible to you.

Their faith was not mature enough to be able to put into action what it saw. That is what full trust is. Even though faith was not complete in the father or his disciples, Jesus did not criticize; rather, he inspired them to trust.

Let's examine how to apply the Old Testament brand of trust to our New Testament lives.

Trust is the single concept that gives the following Psalm its transforming power:

Psalm 91:1-7: (KJV) ¹He that dwelleth in the secret place of the most High shall abide under the shadow of the Almighty. ²I will say of the LORD, He is my refuge and my fortress: my God; in him will I **trust <982>**. ³Surely he shall deliver thee from the snare of the fowler, and from the noisome pestilence. ⁴He shall cover thee with his feathers, and under his wings shalt thou **trust <2620>**: His truth shall be thy shield and buckler. ⁵Thou shalt not be afraid for the terror by night; nor for the arrow that flieth by day; ⁶Nor for the pestilence that walketh in darkness; nor for the destruction that wasteth at noonday. ⁷A thousand shall fall at thy side, and ten thousand at thy right hand; but it shall not come nigh thee.

Examining this in pieces will help us learn how to reposition our lives to really live "trust." Faith is a good foundation, but we need trust as well.

Psalms 91:1: DWELL - What is your "trust" address?

Trust needs to be properly focused: 1 Timothy 6:17-19

Psalm 91:1: ABIDE - How long are you willing to stay at that "trust" address?

1 Peter 1:13-16

Trust in God is expressed through personal conviction in our lifetime care for one another: Romans 14:13-15

Psalm 91:2: PROCLAIM - To whom have you sent "change of trust address forms"?

An outward proclamation is an important part of our trusting God. The more people we proclaim it to, the more we convince ourselves that is where we belong.

The Apostle Paul instilled trust through logic and teaching: Acts 19:8-10: He showed the people their "trust" address had to change - it would now be through Jesus.

Psalm 91:2: LIVE YOUR TRUST - Walk the walk and live the life!

Trust is also described as an outgrowth of love: 1 Corinthians 13:4-7: When something goes wrong in life, what is your knee-jerk reaction? This will declare to you what or whom you truly trust. Do you first lash out? Run away? Get jealous? Change your "trust" address to something bigger and better.

Defining trust as a tenacious characteristic: (The word *hope* here is from the same root word as *trust*.) Romans 8:22-25: (NASB) ²²For we know that the whole creation groans and suffers the pains of childbirth together until now. ²³And not only this, but also we ourselves, having the first fruits of the Spirit, even we ourselves groan within ourselves, waiting eagerly for our adoption as sons, the redemption of our body. ²⁴For in **hope <1680>** we have been saved, but **hope <1680>** that is seen is not **hope <1680>**; for who **hopes <1680>** for what he already sees? ²⁵But if we **hope <1679>** for what we do not see, with perseverance we wait eagerly for it.

IN SPITE OF what the world looks like right now, does your hope and trust lift you above it because you tenaciously expect something better? Our society is crumbling before our very



eyes at an alarming rate. Where is God in all of this? Hope and trust is placing your faith in something that may not be tangible right now. *We eagerly wait for it.* This is about a hope that is real - the kingdom of God. We can trust in His plan, as it is where our security is.

What NOT to trust: Philippians 3:3: No matter how good you are, our flesh will ultimately fail us.

Psalm 91:3: BE TESTED - It will not be easy! (But you will be delivered!)

Sometimes tests come from those around us who really want the best for us. Unintentionally, they may be pushing us in the wrong direction. **A failed attempt to gain Paul's trust:** Acts 21:10-14: The concerned brethren warned Paul that to go to Jerusalem would be a trap. They wanted to protect him, but he did not trust what they said. He trusted their sentiment but not their action. He knew he was supposed to go to Jerusalem, so *he would not be persuaded.* He was willing to die for the Gospel - that is where he put his trust. They had to learn to trust what the Apostle trusted in, as they were misdirected. Paul's trust in God and Christ was far greater than the emotion. Our trust belongs in Him because God never changes, He is benevolent, His love for us is unmatched and He has integrity - He does what He says He will do.

Psalm 91:4: TAKE REFUGE - Allow yourself to be thoroughly covered/hidden

The ultimate focus of our trust: 1 Timothy 4:8-10

Who is the Savior of all men, especially of believers - This shows His perfect plan of salvation for ALL of mankind. This is the God we trust in. God has a plan that includes all mankind - that is a benevolent God! He is worthy of our trust.

Trust in full action: Romans 8:33-39: Who has the ability to change our “trust” address? Only we do. If we are truly *abiding in the secret place of the Most High*, none of these negative things can get us to “change our address,” because we are hidden under His wings.

We were considered as sheep to be slaughtered - this is what we signed up for.

I am convinced - this is the same Greek word translated as *trust* and *persuaded*.

Nor any other created thing - there is one thing in the universe that is not created - God Almighty. Nothing polluted by Satan's influence has the ability to remove us from that life of full trust under the shadow of the Almighty unless we let it.

This shows us how our life will look if we truly trust. That means we have the solid, strong foundation of faith based on what we see and perceive. Trust takes that which we see and perceive and puts them into action, taking bold steps forward, dedicating our lives to a higher purpose.

Psalm 91:5-7: LIVE IN STRENGTH AND COURAGE - It is the result of a life fully engaged in and “sold out” to deep, abiding trust.

Romans 5:1-5: What would make someone truly exult? Complete, focused trust, not based on emotion, but rather on faith in action.

With this trust so firmly set, what are we now able to do? ³*And not only this, but we also exult in our tribulations, knowing that tribulation brings about perseverance;* ⁴*and perseverance, proven character;* and proven character, **hope <1680>**; ⁵*and **hope <1680>** does not disappoint, because the love of God has been poured out within our hearts through the Holy Spirit who was given to us.*

Our faith must grow and develop through study, fellowship and application. There is no better way to live than living with a full and unencumbered trust in divine power, both present and future!

**So, how do you learn to truly trust?
For Jonathan and Rick and Christian Questions...
Think about it...!**

