

Title: Trusting God in Difficult Times

Everyone faces struggles in life because life is not predictable and because we live in this broken world.

When life is going smoothly, we can easily trust God. But when life throws challenges at us, how is it possible to overcome tough times?

Facts about difficult times

- They surely will come and are inevitable

Genesis 8:22 – *As long as the earth endures, seedtime and harvest, cold and heat, summer and winter, day and night will never cease.*

- God uses them for good

Romans 8:28 – *And we know that God causes everything to work together for the good of those who love God and are called according to his purpose for them.*

- God's purpose is to make us more like Jesus

Romans 8:29 – *For God knew his people in advance, and he chose them to become like his Son, so that his Son would be the firstborn among many brothers and sisters.*

To 'TRUST' is to have a firm belief in the reliability, truth, or ability of someone or something

Why do we need to trust God?

Proverbs 29:25 – *whoever trusts in the Lord is safe.*

Psalms 112:7 – *They will have no fear of bad news; their hearts are steadfast, trusting in the LORD.*

Isaiah 26:3 – *You keep Him in perfect peace whose mind is stayed on you, because he trusts in you.*

Why is it difficult to trust God?

- Because we do not have a personal relationship with Him and do not know Him

We cannot trust a stranger because we do not know them and their intentions for us. If God is a stranger, we will never trust Him. We need to build a relationship and connection with Him.

The more we read and learn God's Word, the more we will be acquainted with Him and know Him.

John 14:17 – *The world cannot accept him, because it neither sees him nor knows him.*

- Because He cannot physically be seen

Trusting God means having faith in someone we cannot physically touch, hold and feel. It's not easy, but that is what living by faith is all about.

2 Cor. 5:7 – *For we live by faith, not by sight.*

- Because we have trust issues

If we're someone with trust issues due to disappointment, loss and heartache we experienced in the past from

people we've trusted, it can be difficult to trust God. But God is not human.

Psalm 118:8 – *It is better to take refuge in the Lord than to trust in man.*

How do we trust God in difficult times?

- By choosing to have faith in Him

He does not want us to trust Him blindly. He is trustworthy even when we don't see our prayers answered or problems solved right away. He wants us to learn to trust Him as we get to know Him.

1Peter 5:7 – *Cast all your anxiety on Him because He cares for you.*

- By remembering His promises

The Lord promises to keep us safe, to hide us, to be close to us and ultimately, to turn the situation around and help us stand, sure and secure.

Psalm 27:5 – *For in the day of trouble He will keep me safe in His dwelling; He will hide me in the shelter of His sacred tent and set me high upon a rock.*

- By praying

Because God loves us, we can show our trust in Him by talking to Him about all our feelings and what we are going **through prayer**.

Phil. 4:6 – *Do not be anxious about anything, but in every situation, by prayer and petition, with thanksgiving, present your requests to God.*

- By obedience

When we trust, we go to God and His Word when life is hard. We also act in obedience and trust that He will ultimately take care of the rest.

Luke 22:42 - ...*Not my will, but yours be done.*

- By holding on to His Word

The Bible is God's Word. God knows we need somewhere to go to when we feel unsure. That place is His Word. It is unchanging and completely trustworthy.

- By spending time with Him

God wants us to come to Him simply to spend time with Him. We should not let our circumstances shape our relationship with God. God can shape our view of our circumstances when we spend regular time with Him.

- By always being grateful

God calls us to give thanks. Giving thanks fights the lie that everything is horrible, even in tragic circumstances.

1 Thessalonians 5:16-18 – *Rejoice always, pray continually, **give thanks in all circumstances**; for this is God's will for you in Christ Jesus.*

- By allowing the Holy Spirit to be in control

The Holy Spirit comforts and reminds us of the truth. The Holy Spirit will also lead us in obedience. He will bring direction to us.

John 14:26 – *But the Advocate, the Holy Spirit, whom the Father will send in my name, will teach you all things and will remind you of everything I have said to you.*

- By waiting on the Lord

Waiting on the Lord teaches us that we are not in control. Thank goodness! He is bigger than any of our circumstances. He will sustain us and grow our faith in the waiting.

Isaiah 40:31 – *They who wait for the LORD shall renew their strength; they shall mount up with wings like eagles; they shall run and not be weary; they shall walk and not faint.*

Trusting God in challenging times is a choice we must make daily. It completely involves walking in faith every single day. It requires a deliberate effort to remember His promises, seek His presence, build our faith, surrender control, and hold onto hope. It's letting go of our worries and fears and accepting what God has in store for us.

When we lift everything up to Him and trust in His wisdom, we don't exactly become fearless. But it gives us the courage to face difficult times with hope that God will always have our backs.