

Edge God In Podcast 4: **To Trust or Not to Trust In God...The Choice is Yours and Leads to Inner Peace or Turmoil**

Our choice to trust in God results in 4 Gifts from God:

- Fearlessness
- Direction/Guidance
- Strength
- Protection and Care

Trusting God =

1. **Fearlessness:** Isaiah 12:2: "I will trust in the Lord and not be afraid." Fear is the body's response to the thought life fueled by three main concerns:

- I'm not OK
- I won't be able to handle this situation
- I might die...real death or death of EGO

Solution: John 4:18: "There is no fear in love. Perfect love casts out all fear." As we trust God and seek Him first above all things His love is made complete in our hearts and minds. Action step: Pause before each transition in your day I invite God's grace into your activities, ask for the grace to trust that the outcomes you experience are in His hands and that He works all things together for your ultimate good in life (Romans 8:28)

2. **Direction and Guidance:** Proverbs 3:5 "Trust in the Lord with ALL your heart (*step away from trusting in the work of your hands and material success for your sense of worth and value*) and lean not on your own understanding In all of your ways acknowledge Him and He will direct your paths."

Questions for reflection:

- What do you trust in more than God? Outward acknowledgement? Material success? What is your "ring"? The vice that has captured your attention along with your identity over the Lord's guidance in your life? Perhaps it's busyness? "Who would I be if I'm not doing? Achieving? Accomplishing?"
- When have you recently leaned on your own understanding and taken action on that understanding rather than pausing and praying for the Lord's direction and guidance?
- When was a time in your life when you did pause and trust the Lord to guide your paths and the outcome was unexpected and also in your favor?

3. Strength: “In quietness and trust is your strength.” Isaiah 30:15

Questions for reflection:

- When is this practice difficult for you?
- When is it easy to practice quietness and trust in your life?
- Reflect on a time recently when you Let Go and Let God into a situation that caused you anxiety? What happened?

4. Protection and Care: “The Lord is good, a refuge in times of trouble. He cares for those who trust in Him.” Nahum 1:7

Questions for reflection:

- When have you felt the Lord’s care for you in a troubling moment in life?
- When you give God the first fruits of your day in prayer and reflection before jumping on any electronic device to explore your connections with the world, what do you notice to be different in your perspectives throughout your day?
- Explore reflecting on this question before you begin your day: What do I feel God’s intention is for my life today? What is my intention for my life? Trust in the Lord’s care and protection of you today, when anxiety pops up simply say as you clap your hands to help flip your mind out of anxiety: “No...I give YOU God more authority than this situation that is causing me anxiety.”

4 Things Not to Trust In:

- 1. Idols:** “Those who say to images (things) you are our god’s will be turned back in utter shame.” Isaiah 42:17
- 2. Deceptive Words:** Flattery; Fame Game; Popularity. “Deceptive words are worthless.” Jeremiah 7:4
- 3. Your Own Understanding:** “Trust in the Lord with all of your heart and lean not on your own understanding.” Proverbs 3:5
- 4. Riches and Material Gain:** “I have toiled in vain. I have spent my strength for nothing and vanity; yet surely the justice due to me is with the Lord, and my reward with my God.” Isaiah 49:4 The parable Jesus told of the rich man and his barns: Luke 12:20-21 The man put his trust in his riches and wanted to store up more so he decided to build another barn to store all of his stuff in. That night God said, “You fool! This very night your life will be demanded from you. Then who will get what you have prepared for yourself?” Jesus concludes the story with some great guidance: “This is how it will be with whoever stores up things for themselves but is not rich toward God.”